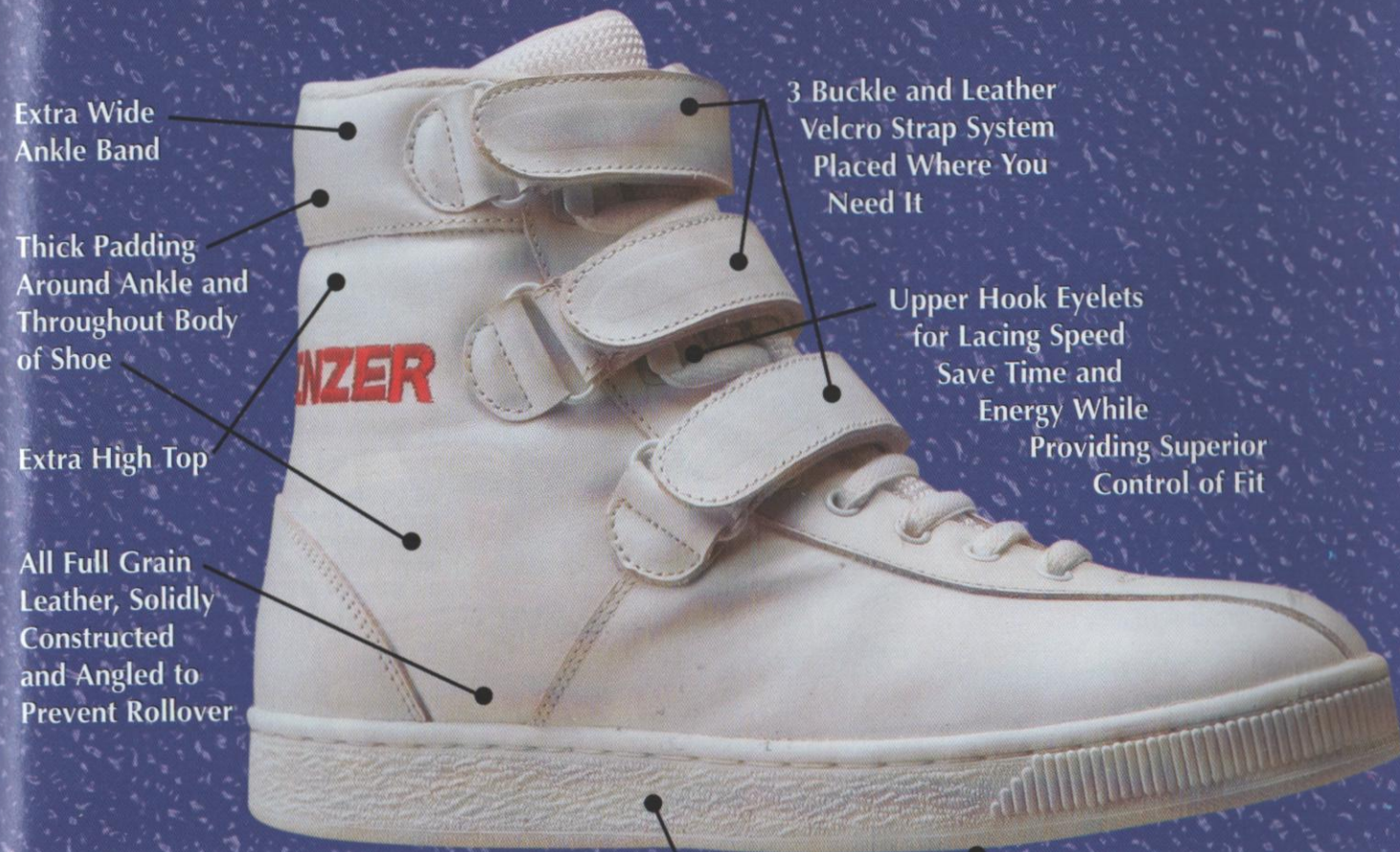


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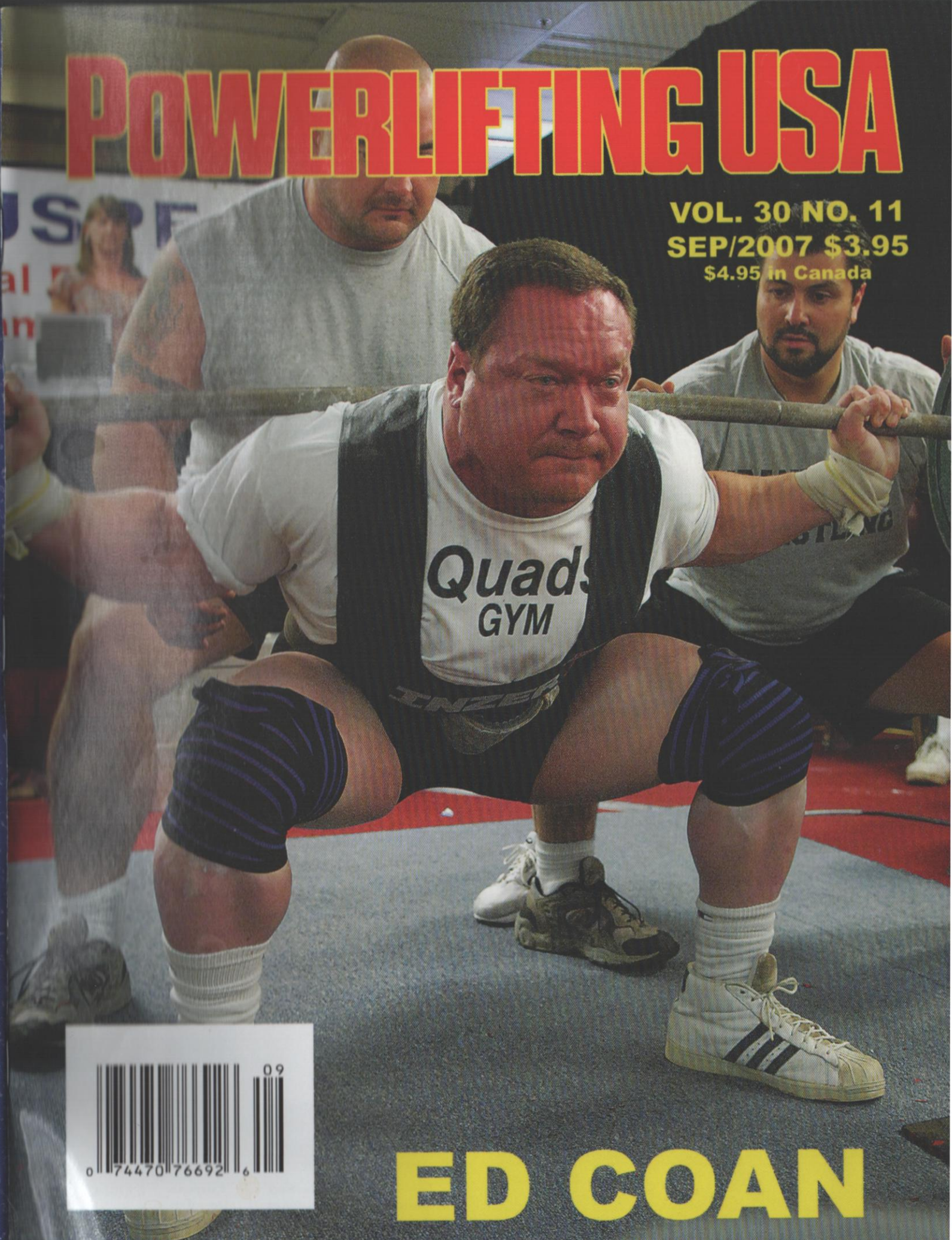
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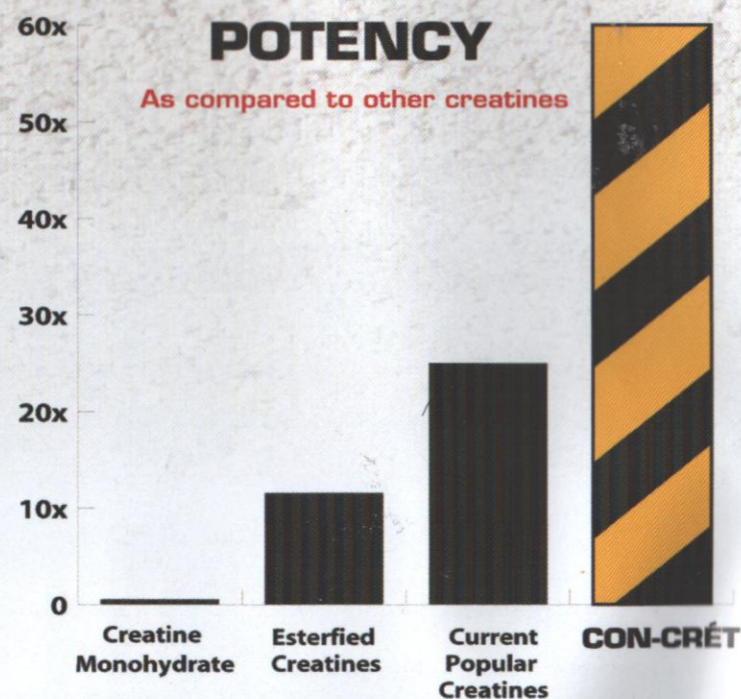
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ON THE COVER ... Ed Coan at the USPF Nationals at Binion's Casino in Las Vegas, NV with his retirement performance.

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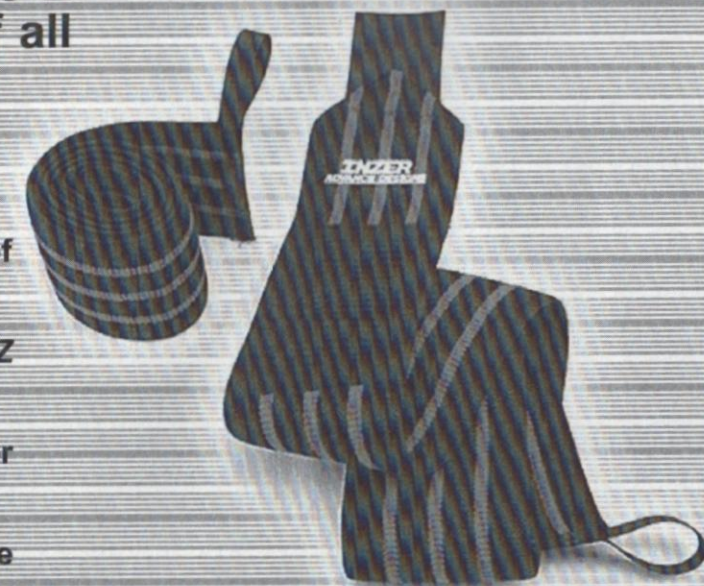
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On the occasion of the retirement of Ed Coan from the powerlifting platform, the USPF National

Powerlifting Championships held at the Binion's Casino in Las Vegas, Nevada took on epic stature. While it was certainly a celebration of things USPF, it was as well a rite of homage to one of the iconic stars in the entire history of the sport.

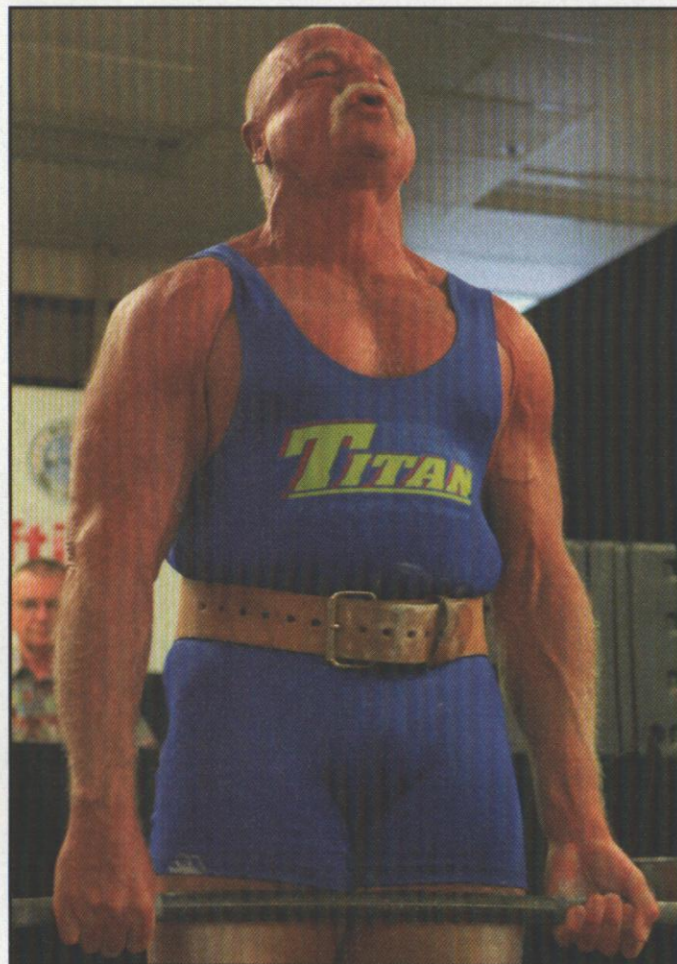
Powerlifting in America has realigned itself in various ways over the last few decades, but - undeniably - several of the most experienced and capable referees and administrators this country has ever produced still work, some exclusively, under the USPF banner, and it was great to see them again ... even though, we've all gotten a little more grey and a little less hair nowadays.

I recall a time, years ago, when the membership of the USPF was nearly 8900, and that was before the full registration year was up. While there was a bit of confusion back then about who had sent in their money and who actually ended up with registration cards, the maximum census for that year would have been over 9000, and might well have come close to 10,000. Bob Gaynor sat in on this year's USPF National meeting and he heard that the current membership was around 500. Things have changed. Nonetheless, there's a great deal of energy in this federation, with prolific meet promoters on both coasts (Steve Denison, and Matt McCase), a new international affiliation with the World Powerlifting Federation, and long time leader Dave Jeffrey was re-elected as President.

As for the powerlifting competition, in the women's category, Bonnie Aerts and her husband were sponsors as well as participants in the event. Karen Matthews weighed light in the 148s (140.4) and edged Janet

USPF NATIONALS

as told by PL USA Editor Mike Lambert



Bob Gaynor pulled a very nice 617 lbs. at 198 to top off a great day

Loveall for Best Open and Submaster Woman Lifter. Nicki l'Anson also doubled up in the categories to take open and master titles, and Sabra Callahan dominated in the 50-54s.

David Ortega set American and new WPF World records in the 16-17 male age group, and Anthony Cissell was similarly successful in the 20-23s.

In open men's competition, Kevin Meskew is back and winning in the lighter classes like he did in the old days, and his fellow UPS driver Scott Layman had a solid day against a good level of competition in the 148s. Bob Benedix enjoyed his way to another national victory, as did Kanemoto (@198) and Matt McCase in the 220s. In the 242s, Ed Coan made three excellent squats, with 931 looking the most explosive, and he topped it all off with a solid 810 lb. deadlift, for an excellent 2259 total, all lifts done in the distinctive Ed Coan manner. Tim Bruner lifted a bit gingerly, off some injuries, but when burly Scott Smith didn't progress past the squats, he was the 275 lb. champ. A very burly Scott Cartwright boldly ignored early misses in the squat and cracked 2300 in the total at 308.

There were several excellent

matchups in the Masters categories. Of course, all of Ed Coan's lifts were new WPF World Records (242/40-44), and Dan Sorenson and Vince Tanabe set all new WPF world records in the 40-44, 148s. Dave Edmondson set all new 148 world records in the 45-49 age category, and Kevin Meskew's lifts were also world records across the board in the 50-54, 123s. 60 year old Gordon Santee went 12 for 12 (with 4th attempts) for all world records in the 148s (60-64) and a magnificently fit Bob Gaynor pulled the longest (timewise) deadlift of the meet to top off his win in the 198s (60-64) - a great 617. Richard Simon (181/70-74) also grand slammed the world record book with his 4 tallies.

On the following day, when the National Bench Press and National Deadlift championships were held, Bob Masello (534 @ 181) and Scott Hoekstra (622 @ 275) were big bench guns, and Brent Howard had a spirited battle to take the 242s with 661.

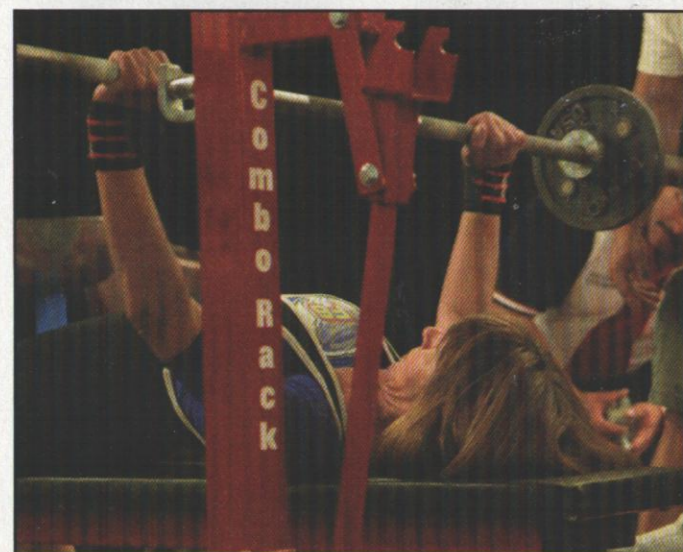
Meet Director Steve Denison did a terrific job ... this was a remarkably enjoyable contest for both athlete and spectator. Lisa Wheeler was excellent on the microphone as well, keeping things moving and entertaining.

PL USA first covered Ed Coan's lifting when he was still a teenager at the YMCA Nationals in Columbus, Ohio. Between then and now, a lot of record certificates have been filled out with his name on them, but Ed has remained the same: dignified, determined, polite, insanely powerful, and always performing his lifts to that

(continued on page 80)

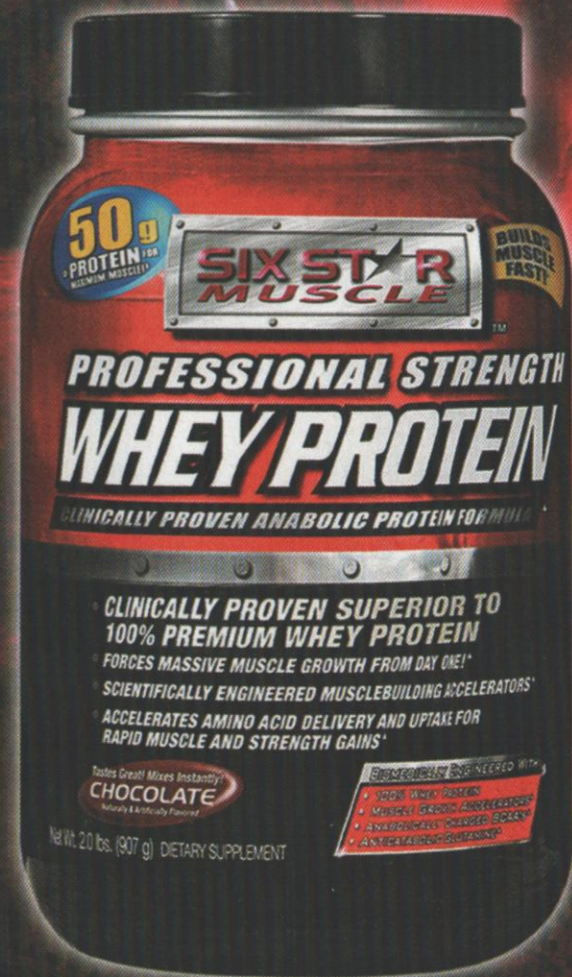


World Class - Scott Cartwright.



Bonnie Aerts was a double winner, in the powerlifting and bench.

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USAPL Men's Nationals - 12-15 JUL 07 - St. Louis, MO

Powerlifting	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
FEMALE										
Open										
114 lbs.										
K. Miller	297	319	330	143	154	165	297	314	325	799
132 lbs.										
L. Lopez	242	270	286	126	137	137	286	308	319	705
R. Rich	237	253	270	165	176	176	248	275	303	694
148 lbs.										
J. Welborn	319	363	391	176	203	231	325	369	391	986
165 lbs.										
L. Richardson	369	402	402	308	330	330	369	402	402	1069
A. Bailey	240	248	275	170	187	187	275	292	308	738
181 lbs.										
L. Blyn	440	451	501	275	303	325	429	474	474	1300
198 lbs.										
J. O'Donnell	540	551	597	330	330	352	479	512	534	1462
MALE										
Open										
123 lbs.										
E. Gainer	424	451	463	275	292	308	451	479	507	1234
132 lbs.										
D. Holloway	507	551	573	308	325	347	540	578	611	1477
E. Kupperstein	463	496	507	259	270	281	534	578	600	1355
148 lbs.										
T. Hoerner	589	622	644	308	330	330	545	573	589	1543
D. Matsumoto	523	567	600	396	418	449	479	501	501	1466
R. Schwalbach	440	463	485	286	286	303	512	534	551	1300
165 lbs.										
W. Hooper	727	760	788	485	507	529	562	595	628	1862
E. Nickson	584	617	617	396	396	435	600	633	661	1647
D. Hammers	567	606	622	407	424	440	540	573	600	1603
R. Spencer	507	507	534	325	341	352	551	584	606	1482
A. Walton	551	551	606	319	352	369	551	600	606	1455
M. Cagliola	534	534	534	418	435	446	474	0	0	0



DVD's 2007 USAPL Men's NATIONAL Powerlifting Championships

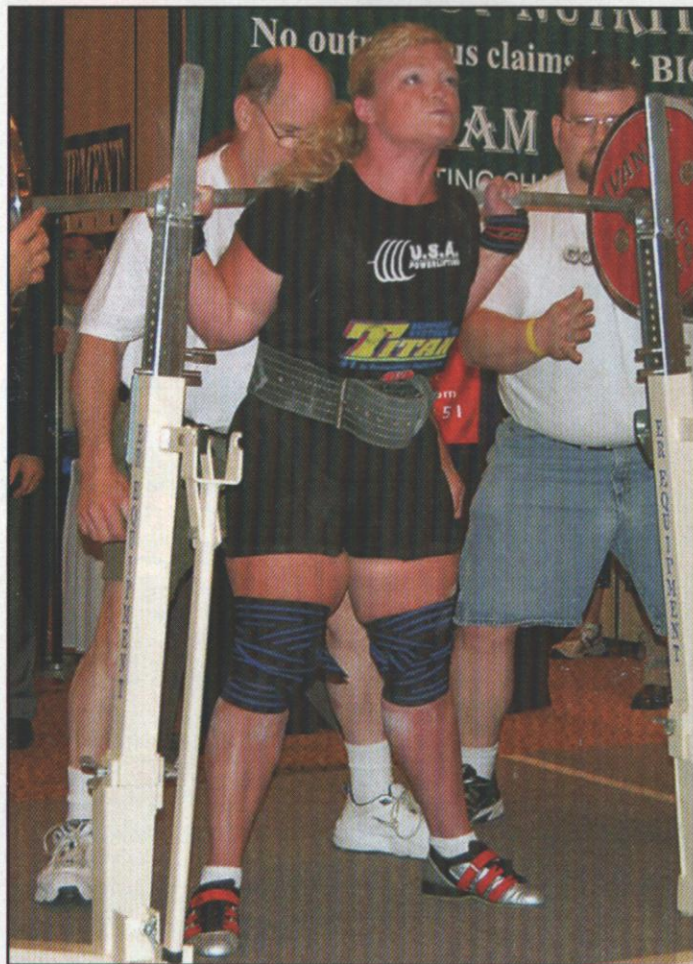
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 Day 3 - Men's Nationals 242 - SHW classes

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181 lbs.										
D. Ricks	672	716	716	440	460	468	661	661	661	1818
J. Rohr	578	622	622	336	352	363	578	633	655	1642
L. Kirchner	556	584	595	556	578	578	463	490	507	1620
N. Gutierrez	611	639	666	374	402	402	573	606	606	1614
D. Nemow	523	556	562	369	380	380	573	600	600	1532
J. Legard	523	523	567	308	330	336	545	573	584	1444
198 lbs.										
M. Bridges	650	711	716	451	502	512	622	672	683	1896
D. Williams	683	705	722	429	440	457	677	700	700	1846
J. Pena	683	716	727	485	485	507	600	617	617	1829
T. Greene	617	661	705	451	485	501	617	661	683	1807
G. Jones	655	683	700	468	485	496	644	666	677	1796
C. Terry	622	677	677	336	363	374	688	744	788	1785
T. Godawa	639	677	677	413	435	446	551	578	600	1725
S. DiCataldo	611	639	650	407	424	424	622	650	666	1708
R. Woods	606	617	633	440	474	507	529	551	578	1703
L. Cohen	628	628	639	407	429	429	584	606	606	1642
K. Hunt	578	611	644	352	369	385	578	611	639	1642
B. Rowe	606	628	650	374	396	407	551	573	595	1631
A. Scolaro	551	606	633	369	369	391	551	606	622	1609
S. Lemarie	540	578	600	363	385	385	628	661	672	1603
J. Whitcomb	474	523	556	418	435	440	501	551	573	1548
J. Demchak	573	573	573	385	0	0	562	0	0	0
220 lbs.										
J. Beck	766	793	810	573	584	600	661	711	733	2127
J. Hartman	661	705	705	463	490	507	677	722	735	1967
C. Cahagan	622	661	705	407	435	463	650	694	733	1857
B. Radulovich	666	705	716	413	413	435	606	633	650	1785
K. Gack	589	611	628	479	501	512	589	611	628	1752
T. Werner	617	650	666	451	474	490	501	556	573	1730
K. Ruben	633	683	683	446	474	474	584	617	650	1697
J. Williams	600	617	617	374	385	402	611	622	650	1653
R. Hansen	545	584	584	369	385	385	611	655	683	1587
242 lbs.										
A. Harris	749	821	843	485	507	518	716	760	788	2138
M. Mastrean	843	876	903	496	496	523	700	733	744	2133
N. Tylutki	755	804	821	468	496	512	705	760	793	2077
J. Douglas	760	793	815	512	523	534	606	622	650	2000
S. Mann	744	782	801	534	551	551	611	661	683	1995
A. Fritz	705	733	749	485	501	501	661	694	705	1945
B. Stewart	606	655	700	501	523	551	551	595	622	1829
C. Holmes	661	700	700	385	385	385	672	711	733	1796
M. O'Donnell	688	744	744	424	446	463	595	639	672	1791
K. Mitchell	700	727	727	457	457	507	573	595	650	1752
S. Cain	573	617	633	418	435	451	584	617	639	1703
J. Ferguson	639	639	661	413	413	529	606	606	644	0
Ahlschwede	661	661	694	474	490	490	439	0	0	0
275 lbs.										
T. Cardella	788	821	848	573	573	606	727	760	837	2182
S. Lade	-771	782	821	661	672	683	628	650	672	2105
G. Wagner	738	766	804	529	562	567	606	644	677	2017
P. McGettigan	727	749	771	474	490	490	771	810	810	2011
P. Anderson	650	716	744	545	545	562	584	622	650	1940
N. Weite	672	694	716	496	507	507	661	700	700	1873
T. Gauthier	650	705	733	485	485	523	573	622	644	1851
N. Nord	705	738	738	501	523	523	551	573	600	1829
McDonough	639	683	705	523	523	523	617	617	650	1824
T. Benefield	655	661	677	440	457	474	644	655	677	1774
C. Doyle	611	639	661	479	479	490	578	622	633	1763
J. Goussset	617	650	672	518	534	551	501	567	573	1741
275+ lbs.										
B. Gillingham	810	843	865	595	606	611	782	815	837	2292
J. Lewis	840	881	931	661	705	705	661	705	722	2292
J. Christus	782	832	848	617	639	655	639	672	705	2177
J. Fiss	711	755	782	529	562	578	600	628	639	1984
L. Karabel	854	909	920	650	650	650	705	749	777	0
D. Hulslander	722	744	766	639	650	661	661	705	716	0

(Thanks to Harold Gaines for providing these contest results to Powerlifting USA)



"At the Gateway Women's Open - which was a women's competition during the 2007 USAPL Mens Nationals, Jessica O'Donnell broke the IPF Open world record in the squat at 198. The lift was 271 kg, or 597 lbs. This lift is a 46 lb. PR for Jessica in this weight class. At the meet, she also benched 330 lbs. and deadlifted 534 lbs. for a total of 1,462 lbs. Jessica's next event is the 2007 IPF world championships in Soelden, Austria." (info from Mike O'Donnell, photo by David Ricks)



Brian Siders - Team MHP Member
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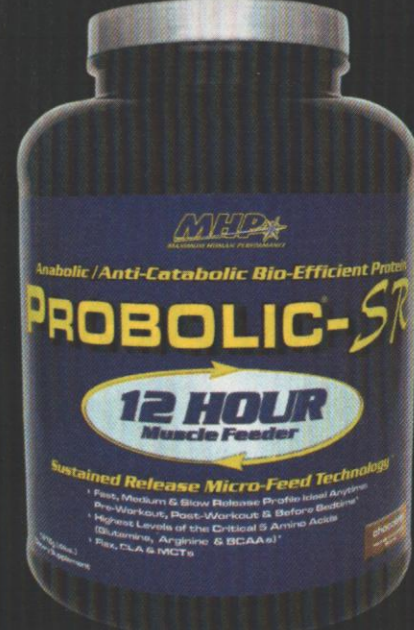
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Gene Rychlak made a wholehearted attempt at a 1025 bench press

**IPA World PL/BP Championships
23-24 JUL 07 - York, PA**

BENCH Only	148 lbs.			
Amateur	Legg	210		
Female	Master (55-59)			
Teen (18-19)	275 lbs.			
114 lbs.	Alder	300		
Dayan	170*	Master (75-79)		
Teen (18-19) Raw	275 lbs.			
114 lbs.	Joy	325		
Dayan	135*	4th-335*		
MEN	Police			
Junior	148 lbs.			
181 lbs.	Legg	210*		
Summerville	198 lbs.	315		
Junior raw	Shaughnessy	470*		
165 lbs.	Elite Amateur			
Symanyshyn	Open	220		
Open	275 lbs.			
148 lbs.	Yard	775		
Legg	Professional			
198 lbs.	Junior			
Dussault	560*	165 lbs.		
242 lbs.	Sands II	405*		
Kitchen	Open	500		
275 lbs.	220 lbs.			
Norris	605	Cox	460	
Putnam	705	242 lbs.		
308 lbs.	Fields	700		
Ernst	550	275 lbs.		
Utermahlen	650	Capozzolo	550	
Open Raw	308 lbs.			
181 lbs.	Murray	520		
Zinko275	SHW			
Submaster	McCray	805		
275 lbs.	Open Raw			
Stephens	705*	SHW		
SHW	Dizenzo	600*		
Contakos	540	Submaster		
Master (40-44)	198 lbs.			
198 lbs.	Hailley	500		
Shaughnessy	470	275 lbs.		
Master (45-49)	Capozzolo	550		
165 lbs.	Master (40-44)			
Schemine	320	220 lbs.		
4th-330*	Hartlaub	550		
198 lbs.	Master (45-49)			
Dussault	560*	308 lbs.		
220 lbs.	Tozer, Jr.	560		
Welcheck	440	Master (50-54)		
242 lbs.	220 lbs.			
Schemmel	375	Bixler	385	
275 lbs.	Master (60-64)			
Norris	605*	275 lbs.		
Master (50-54)	Bellerby	470*		
Powerlifting SQ	BP	DL	TOT	
Amateur Division				
FEMALE				
Teen (14-15)				
97 lbs.				
Tafari	185*	115*	165	465
	4th-DL-175*			

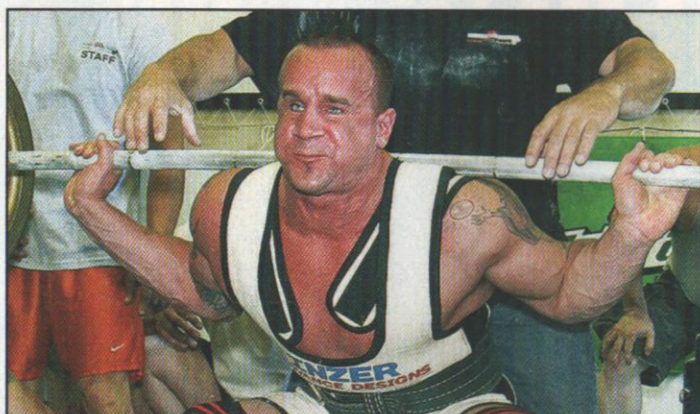
Furniss	335	242*	315	892.5
148 lbs.				
Borzok	450*	380*	340*	1170*
MALE				
Teen (14-15)				
165 lbs.				
Buccheri	400	225	365	990
Holland	335	205	375	915
Teen (16-17)				
148 lbs.				
Columbia	425	235	460*	1120
Brida	430	260	365	1055
165 lbs.				
Craycraft	405	265	455	1125
Colas	335	235	365	935
220 lbs.				
McCloskey	800*	440	630*	1870*
Teen (18-19)				
114 lbs.				
Tafari	265*	200	255	720*
220 lbs.				
Dellaface	700	455	650	1805
Teen (14-15) Raw				
132 lbs.				
Filson	200*	130*	185*	515*
Teen (18-19) Raw				
220 lbs.				
Gyger	330*	340*	490*	1160*
Junior Raw				
198 lbs.				
Trout	375*	235	400	1010
Open				
148 lbs.				
Tang	365	230	400	995
181 lbs.				
Carson	650	405	545	1600
220 lbs.				
Walker	725	350	675	1750
Hoplight	510	435	135	1080
242 lbs.				
Stokes	750	455	600	1805
Open Raw				
198 lbs.				
Zahno	300*	240	425	965
4th-DL-460*				
Master (40-44)				
165 lbs.				
Monk, Jr.	515*	410*	440	1365*
242 lbs.				
Locondro	675	375	500	1550
Master (45-49)				
148 lbs.				
Gengo	425	260	440	1125
198 lbs.				



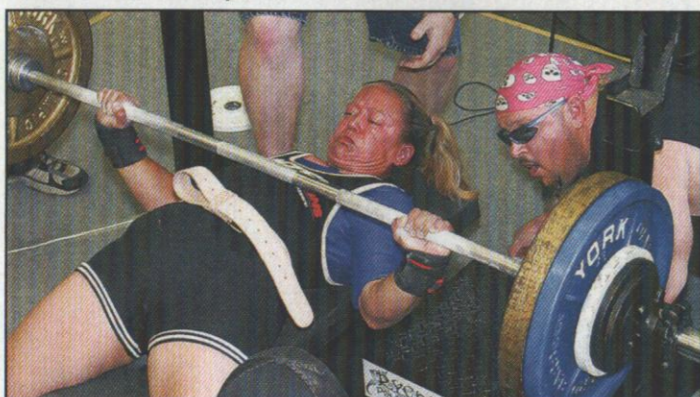
Almog Dayan flew in from Israel

Ingravera	660	400	620*	1680*
Submaster				
275 lbs.				
Winter	800	550	565	1915
Police Raw				
275 lbs.				
Lightner	475*	405*	550*	1430*
Professional Division				
Junior				
198 lbs.				
Cox	500	365	405	1270
Open				
198 lbs.				
Keprice	750	460	700	1910
220 lbs.				
Blankenship	910	580	650	2140
Howell	700	475	625	1800
275 lbs.				
Weston	950	525	650	2125
McKee	750	500	550	1800
Open Blind				
198 lbs.				
Yontz	600	410	505	1515
Master (40-44)				
198 lbs.				
Moore	805	135	450	1390
220 lbs.				
Blough	750	460	600	1810
Howell	700	475	625	1800
275 lbs.				
Bott	905	570	675	2150*
Master (50-54)				
275 lbs.				
McKee	750	500	550	1800
Dimiduk	655	335	600	1590
Police				
275 lbs.				
Dimiduk	655	335	600	1590

Best Lifters Bench Only: Am Teen Woman-Almog Dayan, Am Men's Open-Richard Putnam, Pro Men's Open-Ronald Yard, Am Men's Master-Doy Joy, Pro Men's Master-Robert Bellerby. Best Lifters Full Power: Am Teen Woman-Anna McCloskey, Am Teen Men-Anthony McCloskey, Am Woman-Jules Furniss, Pro Woman-Michelle Borzok, Am Men's Lightweight-Bill Carson, Pro Men's Lightweight-James Keprice, Am Men's Heavyweight-Eric Winter, Pro Men's Heavyweight-Dan Blankenship, Am Men's Master-Ricardo Ingravera, Pro Men's Master-Buddy McKee. Full Powerlifting Results: The IPA once again proudly showcased its talented lifters at York Barbell Company, the home of world weightlifting. We are honored to have the opportunity to invite lifters and spectators to York Barbell's hallowed halls to enjoy a world class venue, spectacular lifting, and the Hall of Fame and Museum. York Barbell's continued sponsorship of their tremendous facility is greatly appreciated and enjoyed by all. The meet was sponsored by Chaillet's Private Fitness, co-directed by Chaillet's Mark and Ellen Chaillet. All the lifters and spectators enjoyed lunch on Saturday, sponsored again by Outback Steakhouse. Our thanks for the wonderful lunch of Outback signature steak, chicken and vegetables go to owner Mike Kenny for his tremendously generous contribution to

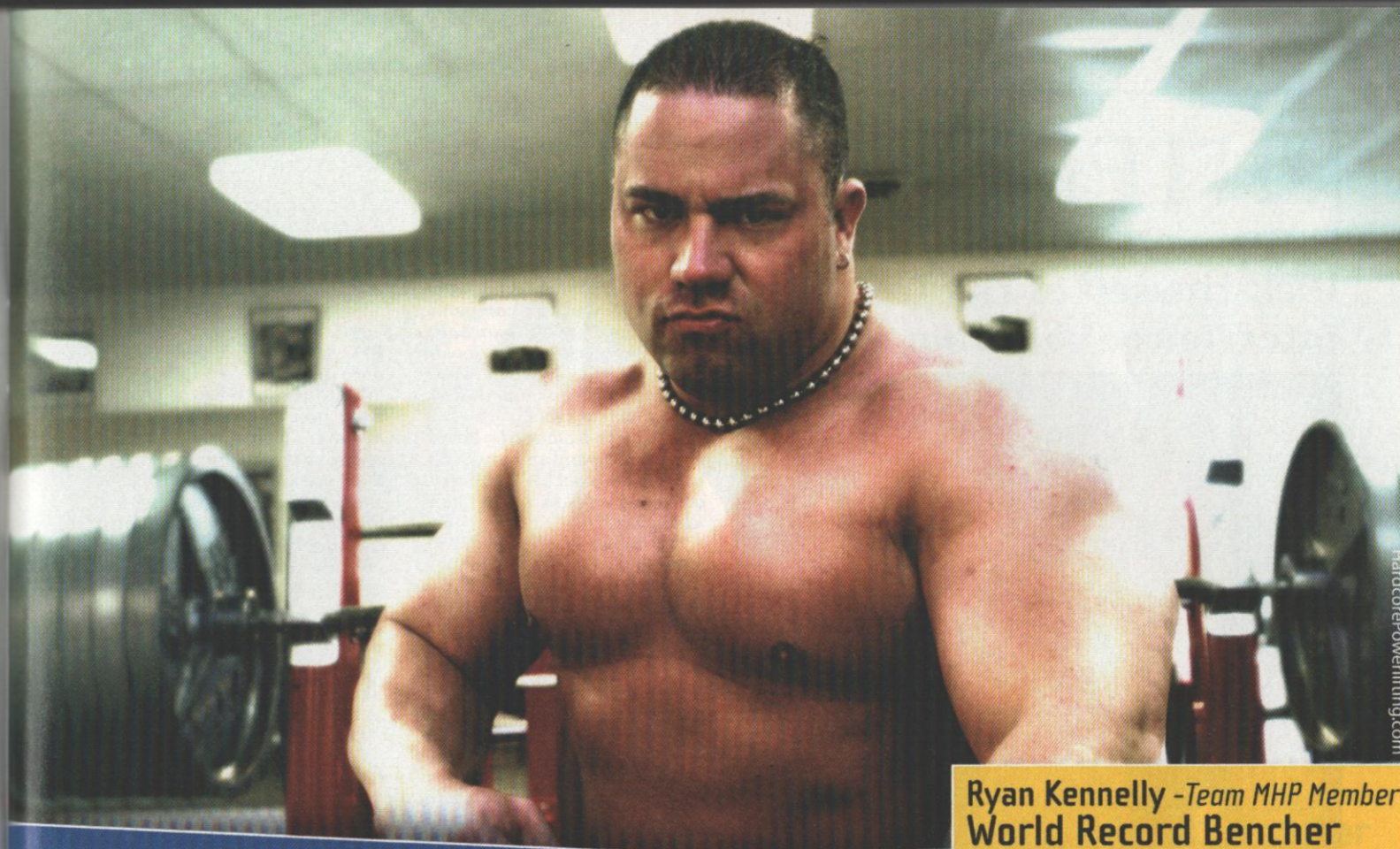


Mike Yontz made all perfect lifts, all without the reference of vision.



Michelle Borzok put up 450380 340 in the Elite Drug Tested 148s.

(continued on page 77)

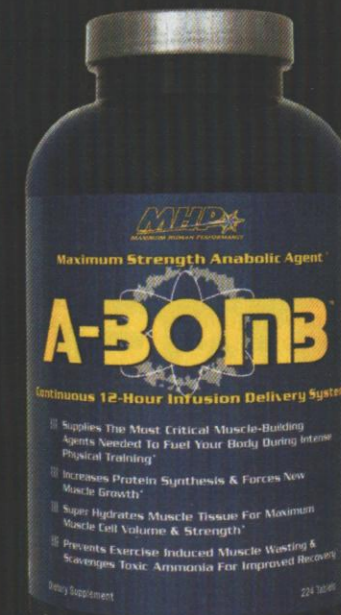


Ryan Kennelly - Team MHP Member
World Record Bencher
1036 lbs.

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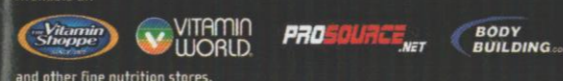
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INTERVIEW

Rick Hussey of Big Iron Gym interviewed by Jim Burnett



Some Big Iron People - Becca Swanson with her coach Rick Hussey

Rick Hussey owns and runs Big Iron Gym together with Becca Swanson in Omaha, Nebraska. He has produced multiple national and world champions for many years now. Rick recently underwent surgery and treatment for a high-grade malignant cancer. The specific outcome of the treatment is yet unknown. He now has nerve damage to the side of his face and the future of his health is uncertain. Obviously, this situation is difficult & requires significant financial resources. Unfortunately, Rick has no medical insurance.

Anyone who has ever met Rick knows that he is a one-in-a-million guy who gives 110% of himself to the sport of powerlifting and to helping others. While his lifters are quick to credit him when they themselves are interviewed, Rick has never granted a sit-down interview until now.

My name is Jim Burnett, and I met Rick 7 years ago when I joined Big Iron. On August 7th, I took the opportunity ask him the following questions. I recorded the interview & transcribed it here as best I could.

JB: Let's start by telling the readers a little about yourself and your training facility.

RH: There's too much, to tell the truth. About "What did I lift" and "Why don't I lift". People ask, "Don't you ever powerlift?". Yeah

I did, but how do you explain why you don't? All my injuries that keep me from competing these days are from all the stuff I did out of the gym; the partying, the stuff that I try to get everybody else not to do. So, that was my common mistake. There was no one around to say, "Hey that boozing and partying is going to ruin your powerlifting career". And it did. It led to every injury that I have. Plus the fights and the gunfights and shootouts and the car wrecks, you know. It was the alcohol that destroyed my powerlifting career.

JB: You were recently diagnosed with cancer. How has this affected you?

RH: Hmm. It really hasn't affected me like it was supposed to affect me. I'm still doing what I've been doing. I ain't eating well. My haircut ain't as good as it was. I'm a little less good lookin'. But I had plenty of looks to go around, so... So you know. I just try not to let that bother me.

Whenever I think something bad has happened to me, I think about kids that's got something like that. I think "Holy (bleep)! They didn't even make it this far." At least I made it to 46 before I went to (bleep). <Laughter> I don't want to pout and show everybody. I just keep going.

JB: What made you decide to be a strength coach?

RH: I didn't really know I was becoming a strength coach. I was just helping people. You know, I kind of just took the knowledge that I had, the mistakes that I had made, and the things that I knew worked. I had a few novice people. I actually was just helping people. I didn't actually know I was coaching. I was just doing what I was doing when I was competing. Next thing I know someone is calling me coach. And I'm looking around <looks around> "Who's the coach?" <looks around> "Who are you talking too?"

It wasn't planned. I didn't ever go to school and say, "Hey I want to be a coach — I want to be an arrogant son of a bitch". <Laughs>

I'm just an arrogant son of bitch to start with! <Laughs>

People think that you're arrogant because you're a coach. I think you have to be somewhat arrogant to get people to listen to you. If you try to talk to them softly they don't take you serious. They'll step on you. You got a (bleep)ing 300-pound guy and you're trying to tell him what to do softly and he doesn't want to do it. How are you going to make him do it if he's not scared of you in one way or another? He's got to know you mean business and you're going to cut him from the team or cut his eye open. One of the two! <Laughs> He's got to trust you.

JB: What strength coach has had the most impact on you and why?

RH: Well until I'd been considered a coach, I'd never really thought about it much. But Louie Simmons... a guy like him and Ernie Frantz, I respect what they've done, even when they can't compete themselves because they're all tore up like me. And they take the knowledge that they've got and they spread it to the next generation down. Keep the sport growin' and goin'. That's what it's basically about, I think. It's easy to just quit and walk away, but it's hard to keep it going this way. Plus coaching is the next best thing to being there. You still get to get on the platform without ever competing.

JB: What are the most common mistakes that you see strength coaches make?

RH: I don't think strength coaches make mistakes. Some coaches let lifters put advice in their heads and they shouldn't, because they're the ones that got them there in the first place. I don't really pay attention to what other strength coaches do.

JB: What mistakes have you made as a strength coach?

RH: Hmmm. Letting my lifters make me second-guess myself on the platform with attempts. That

would be the only one that I made. I learned to listen to my instincts and watch the lifts. Not ego lift. That's something a lot of lifters do. Instead of going for PR's, they go for "I can beat that guy!". No you can't — he just did 200 more pounds than you. <Laughter>

JB: That kind of leads into my next question. What mistakes do lifters make?

RH: Chasing a guy that's too far out in front of them instead of PR lifting for that meet, doing the best they can, letting their numbers grow. They chase someone that's in first, second or third just trying to get a placing and then they end up just shooting themselves just right out of the water. Just do the best you can and pretty soon people are chasing you instead of you chasing them.

JB: What tips and tricks can you share that have made your strength and conditioning program better?

RH: - Consistency. Just staying in the gym.
- Competing. As often as you can.
- Working the hell out of your weakest movements.

JB: What are the most glaring weaknesses you find in athletes?

RH: - Laziness on assistance work.
- Cardiovascular. They're scared to do any cardio. It's gonna make 'em weak. Little do they know that the cardiovascular will make them be able to breathe better so they can do a few more reps. If they can do a few more reps, they can lift a little more weight.

JB: What is the biggest obstacle you have to face as a strength coach?

RH: Keeping the lifters off drugs and alcohol when they're outside of the gym.

JB: If you had to boil down what you think makes your lifters stronger...

RH: It'd probably be the overall team training together. Consistency again. Consistent training and team effort. Team motivation. You can't do it alone. You don't motivate yourself. You do, but you can't get much stronger. When you have a bad day you need that other person there to push you out of that hole. And vice-versa. Him for you. You for him.

JB: Some people's body types are better geared for heavy training. Do you have any examples of people who may not have been too strong to start out with, but showed considerable improvement using your methods?

RH: Yeah. Becca Swanson. She's one.

(continued on page 76)



**Dennis Cieri - Team MHP Member
World Record Bencher
591 at 198 lbs.**

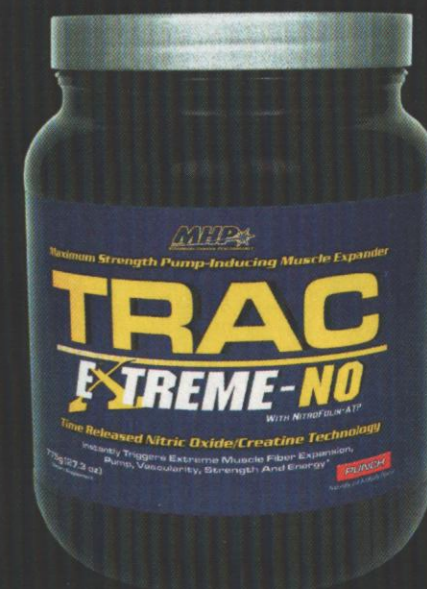
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At Westside we have one of the strongest gyms in history. To back up this statements, we have a 260 lb. man squatting 1150, have a 242 lb. man benching 766, the world record total at 242, 181 world record squat, and have more 800 lb. deadlifters in one place than in most countries. Many lifters and coaches look at us for guidance, help, and progress. But, where do we find the source of our own progress???

Most of what we find comes from our own gym. We keep a very open mind regarding what produces results, and we

always experiment. If you're not willing to experiment, then you're not willing to find the best way to train. The people who learned what we were doing 5-10 years ago could come into the gym now and see a whole new environment of innovative ideas and devices. A few things that they would find different are the use of bands, foam, and new accessory work. Bands have changed the way training is done here and in other places that are cutting edge. One of the innovations is the circa max phase (peaking for the squat), that the bands have influenced.

Another idea is the concept of foam in our training. Foam represents a dampening effect training system. Another is the use of the lightened method, originally designed for junior lifters in parts of the Soviet Union. Our accessory work changes all the time, we now have about 4 different models of hypers, plyo swings, and too many other devices to mention.

Where does research fit into this equation? As many of you already know, most of our training research is based on writings from the USSR. What we have found is that many authors in the Russian literature can be biased. It seems works from Medvedyev, and Zatsiorsky follows many of the same guidelines and training ideals we advocate here at Westside, while much of Verkoshansky's work is along a different path. How is this possible? Well, look at our country and see how many different views there are on training. We have many educated people saying to do

many different things. Where is the truth?

What we do is to look at RESULTS. Medvedyev was able to study, work with, and observe one of the greatest weightlifting groups ever, the "DYNAMO". The dynamo was Russia's greatest group of lifters. They wreaked terror on Olympic lifting from the 70s all the way through the 80s until the demise of the U.S.S.R.. The Dynamo had more than 50 variations of the lifts to choose from, and many different means of assistance work, and had great emphasis on GPP (conditioning). There were many advantages the conjugate system had to offer. Zatsiorsky did much work with different methods of training for specific needs and abilities needed in weightlifting and sport in general. A.S. Prilepin was the person who got Westside to understand loading parameters to lay the foundation for our system as we know it today. The USSR was a big country with many different

"A weak muscle is what holds back technique and personal records. Find the weaknesses and fix them, and the lifts go up - PERIOD"

schools and different training centers, so much of what was going on in one place might not be done at another and vice versa. If you asked all of these different researchers to write a program for obtaining a big squat, each of them would have their own views.

What we have done at Westside is experiment, and advance much of their original works. We know that they had accommodating resistance, but we are not sure if it was bands. We don't know if they used foam. We use their research from the past and make it produce results in the future, and sometimes it's not always exactly the way it was described in the book, but should it be? If we were not trying to take what the pioneers have done in the past and make it better, would we be doing our job? You must understand there is research, and there are results. Research is great, theory is fine too, but all of us at least here at the gym are after RESULTS.

We have interns who come to learn from us





every year, and we invite anyone with an open mind, some education, and lots of balls to come. What you will see is that we find results by training, experimenting, and then reading. If all I read was a particular author I would only know what he or she has written, but if I read everyone with an open mind, I can find my own path. This is what we have done. Some of it was right on the money, and some of it was garbage, but all of it was part of the journey. If all I do is read, how do I know that what I'm telling people, or making athletes or myself do is beneficial? I don't. But, if I train my butt off, learn from mistakes, read a little here and there, and listen to people who have been where I want to go, and then I'm a better lifter, a better coach, and I can provide people with facts, instead of fiction.

There are 5 reasons why our system works. These are what we have found to be some of the most important rules in training.

1) The conjugate system is based on training the 3 methods of training equally: Maximal effort Method, Dynamic Effort Method, and Repetition Method

If your training is only based on one of these methods, then your program will fail.

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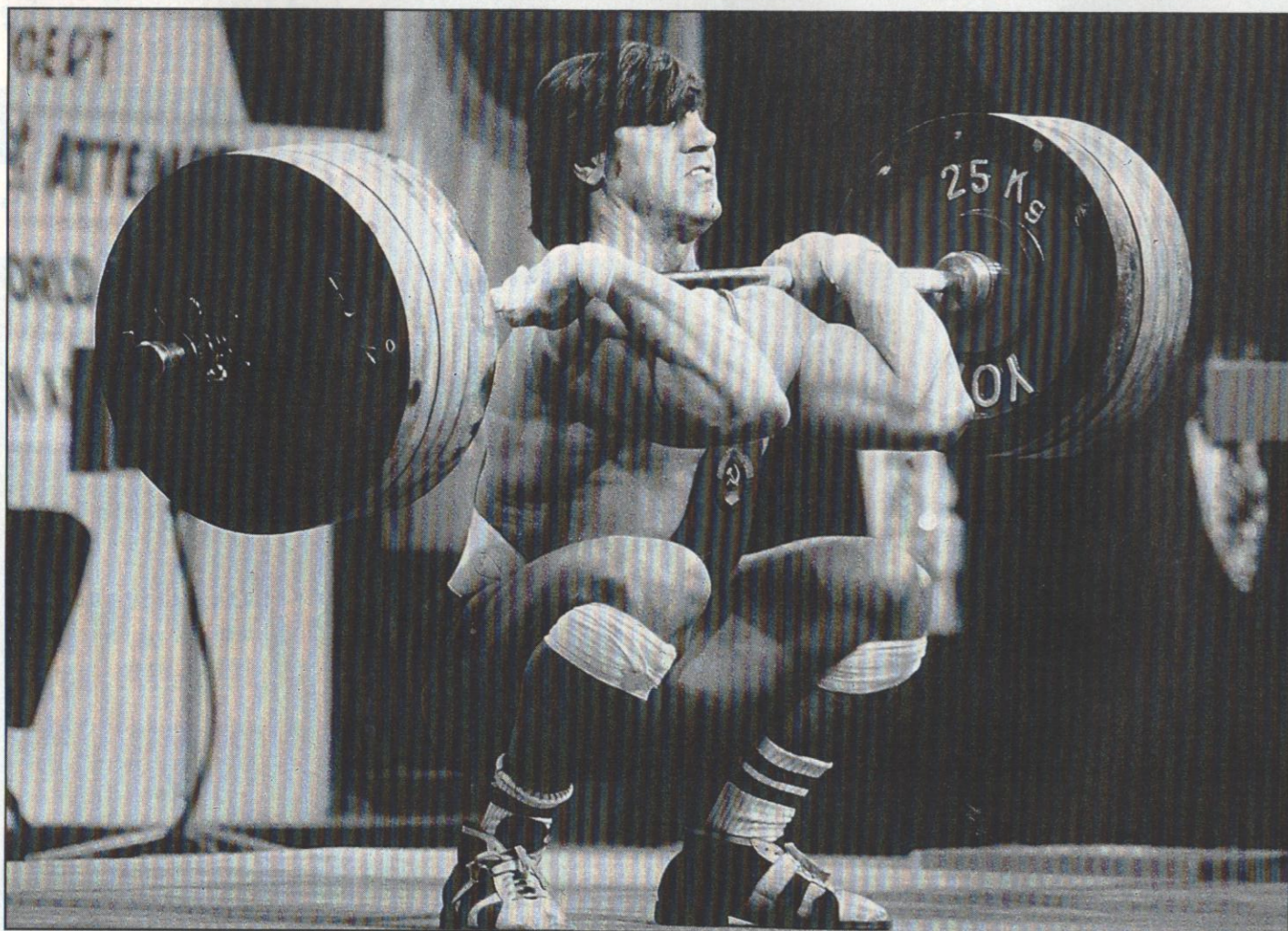
If these laws are ignored, gains will halt, injury is certain, and burnout will occur
3) We never have to de-train, or take time off, so consistent volume and intensity can be done year round while maintaining 92% of our top strength. This is due to optimal loading parameters and variation.

4) We can develop strength, speed, and size all year round, never having to sacrifice one for the other. This gives us constant long term results.

5) We base all work on weaknesses, not strengths. A weak muscle is what holds back technique and personal records. Find the weaknesses and fix them, and the lifts go up - PERIOD. This is what all of our accessory work is based on.

I hope this article gets your brain churning, starts getting you to not only read, but train smarter, and with a little more validity. Variety and consistency are the keys for long term results, and training hard is just as important as training smart.

**MATT WENNING
WESTSIDE BARBELL**



David Rigert was one of those spectacularly dominant lifters from the heyday of the USSR. He is still spoken of with great reverence today, and the methods that he trained under have now been adapted to powerlifting by the guys at Westside Barbell. (photograph by Bruce Klemens)

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What is optimal training? It can be many things to many people. The optimal number of lifts is first and foremost at Westside Barbell. There is an optimal number of reps and sets, length of rest time between sets, and length of time between extreme workouts. There is also an optimal number of sets and reps with bands, chains, weight releasers, and just barbell weight. It is important to know what is optimal for you with the contrast effect, such as bands, chains, and weight releasers.

The lifts can be more effective with chains to accommodate resistance. The lifts become more taxing; thus a slight reduction is made in the total set count. When using weight releasers, only one lift out of two reps is effective because of the eccentric overload on the first rep of each set. The use of bands when applied correctly provides great tension throughout the entire range of motion.

Prilepin's 1974 research was based on numerous world, European, and Olympic competitors. He calculated minimal, maximal, and of course optimal numbers of sets and reps at certain intensity zones. His work provided us with the maximum number of reps after which the lifts would slow down and thus become less effective. He determined what load was sufficient to make progress and what load was too taxing and would reduce the training effect. His work was based on Olympic lifts, which are lighter and, of course, faster, utilizing less muscle tension than the powerlifts.

My work is valid, having 75 Elite lifters and nine men who total over 2500 and two over 2600 to date. Our findings are similar to Prilepin's, if you calculate time under tension. Most of our box squat percentages are between 75% and 85%, for example. Of the top Olympic lifters (I am talking about the lifters overseas), 50% of their training of the lifts is between 75% and 85%. (See *Managing the Training of Weight Lifters*, Laputin and Oleshko.) The Westside Barbell web site has training information on squat, bench, and deadlift loading as it relates to volume and intensity.

When training optimally, we observed that it is the special exercises that must be given careful consideration. I watch everything that goes on as far as training at Westside. Some of our lifters do an amazing amount of upper body training, and it shows as far as physical development is concerned, but does little to aid in their bench progress. Others do very little extra lat, triceps, or delt work, yet have a superior bench press. It should be noted that we have in house 23 700 pound benchers. This is also true for our squatters and deadlifters. We have 11 lifters who squat over 1000 and three over 1141. Fourteen deadlift over 800. Nine total more than 2500 and two more than 2600. As you can see, this is a highly skilled group.

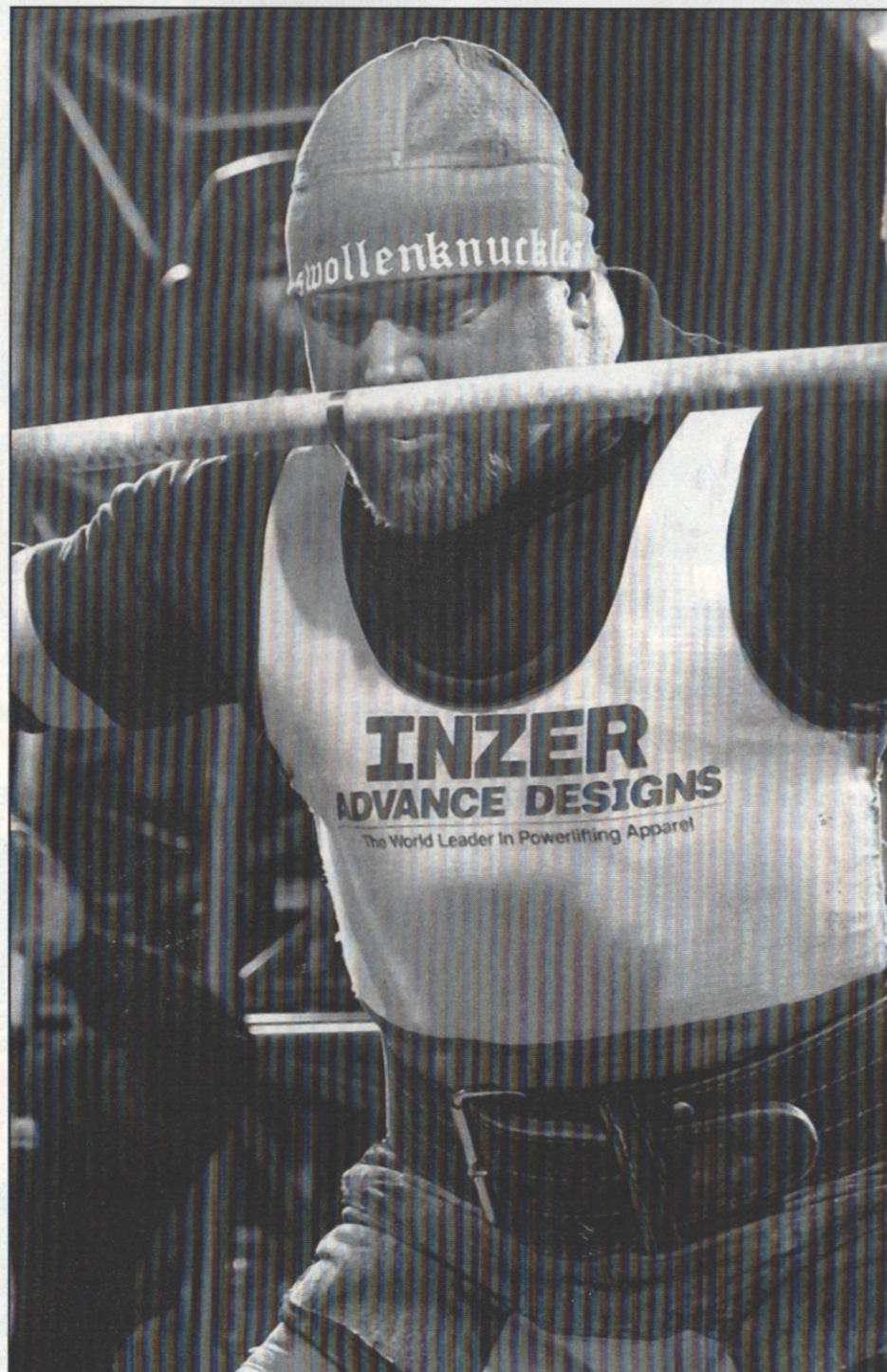
How can the special exercise volume vary so much from lifter to lifter? Biomechanics is one reason. Some men and women are more suited to squat, bench, or deadlift than others. They obviously need less work for the primary movers such as the low back, hips, and glutes. Triceps, lats, and delts, even ab work, can vary a great deal.

What about psychological types. The introvert doesn't need as much stimulation as others in training. He appears to be more methodical when lifting maximal weights and is not as explosive. The extrovert is very explosive. Tyrel Owens comes to mind, and Ray Lewis in football

WESTSIDE TRAINING

OPTIMAL TRAINING as told by Louie Simmons

and Chuck Vogelpohl in powerlifting. Not only are they very strong, but they possess a very highly active central nervous system. The two groups seldom function well together on the



Chuck Vogelpohl is an example of the validity of Louie Simmons' Westside training methods.

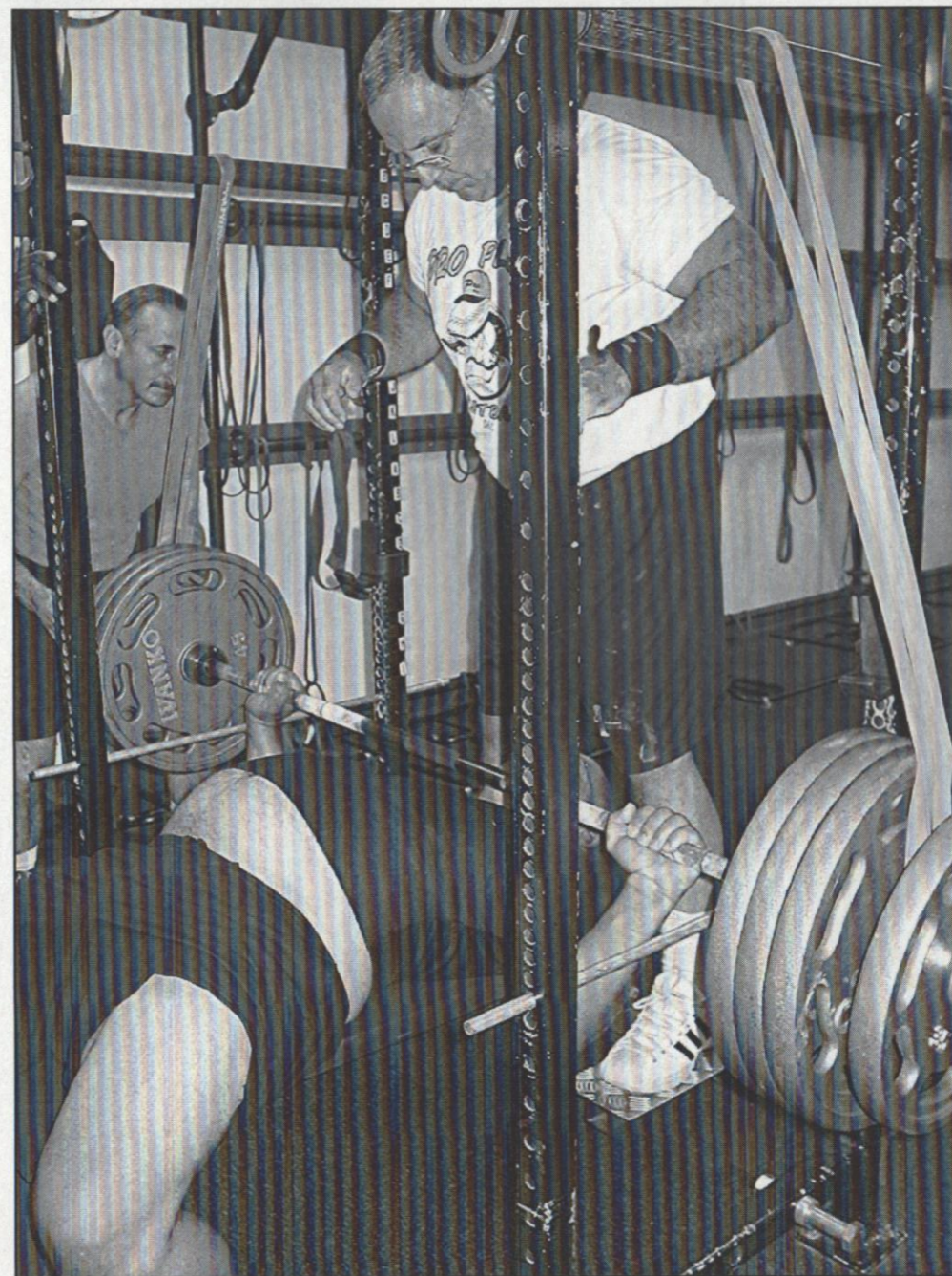
same program.

Many lifters seem to over-analyze training, form, rest, and nutrition. It has been my experience that these men fail to reach the very top and spend a lot of time wondering why. Plan well, train hard, and have passion to reach your goals. Your training must suit your physical, psychological, and mental needs. It can't be a cookie-cutter program.

Westside Barbell
614-801-2060
www.westside-barbell.com

Bench shirts are much more complex compared to when they first came out. Lifters have become quite creative in getting their shirts ready for competition. I remember being at an IPF meet overseas and watching some lifters using a vice grip device to help set the shirt. I've also seen lifters use special gloves to help properly fit a shirt.

Many of the lifters I see now use boards to break in their shirt. Starting with 4 or so boards, and then decreasing the number of boards as the bar gets closer to the chest allows the shirt to slowly stretch enough to let the bar finally get to the chest. I have two problems with this technique. First of all, I want to have my shirt broken in prior to the meet and secondarily, I don't believe that this technique trains the correct groove for the bar to travel. This method is, however, portable—you can take it to your competition.



Using Jump Stretch Bands to Break in a Bench Shirt in a power rack, is one of Dr. Miller's ideas.

TRAINING

Breaking In Your Bench Shirt as told to PLUSA by Dr. Larry Miller

I know a number of lifters who will take their new shirt out of the bag and use it for the first time at a particular meet. This works in an ideal world, but I don't feel comfortable going this route. I also have an issue with those lifters who are afraid to change shirts between lifts.

I prefer to have my shirt broken in prior to the meet. The first thing I do is use my competition shirt at my competition bodyweight. If you've

been using a shirt at a bodyweight that is 10 lbs. above your competition weight, that shirt will not give the same as it does at your competition bodyweight.

I recently experimented with "Jump Stretch" bands in order to break in a bench shirt. It's been quite a few years since my Physics class in college, but hopefully this will make some sense. I use the light purple bands folded in half and place them high up on the power rack as seen in the picture. Using the bands and

the shirt at the same time will allow you to handle more weight. The goal of setting up this way is to use speed to develop your groove in a particular shirt. Do a few reps, moving the weight as fast as possible. The forces provided by moving that heavy weight quickly will allow you to get the bar closer and closer to your chest without tiring you out. If you do fall outside your groove the bands and shirt will quickly bring the bar back up and allow you to try again. After I feel comfortable that the bar is coming to my chest in the correct groove, I'll then move over to another bench and go heavy without the use of the bands to make certain that the shirt has now been broken in correctly.

Make sure you have safety pins placed in the power rack and make sure your bands are in good shape. You should do 3 or so reps as quickly as possible. Do not go slow. Each rep should bring the bar closer and closer to your chest while maintaining your correct groove. If you are still unable to get the bar to your chest, keep adding weight. Since you are using both the bands and a shirt, you'll be able to handle much more weight than normal.

I used to have trouble with the bench shirt pulling the bar towards my abs. The force provided by the shirt was greater than the force provided by the weight on the bar. The speed benches with the shirt and bands provide a greater force than that of the shirt and helps create the correct groove all the way down to your chest.

I have seen lifters do a number of things to their shirts to get more out of them. Many will pull the front of the shirt down so that the neck seam rides lower across the chest. This, they feel, will allow the shirt to provide more resistance. You can also change the position of the sleeves on your arms, but the problem I have with both of these methods is that they can change your groove. I believe if you don't bring the bar down to the right spot on your shirt, you will have difficulty completing the lift. On occasion, I will use one shirt on all three attempts, but if I have trouble lifting a weight in a particular shirt and it wasn't due to a major technique problem, I change shirts. If I have to, I'll change shirts three times during a meet, although, that is not my preference. Psychologically speaking, I have to believe I am going to make a lift and if I am convinced that a particular shirt doesn't have the ability to help me, I had better find a new shirt that I believe will help me get a lift.

The only drawback to breaking a shirt in with the bands is that it has to be done prior to a meet. You might have some luck and find a power rack at the meet site, but I prefer to have my shirt broken in prior to the competition.

BIGGER TOTALS IN 7 DAYS

Follow this seven-day journey to find out how the latest advancement in powerlifting technology can help you move more weight, maximize your totals and set new PBs!

You stand before an excited crowd and stare at the loaded barbell while your training partners struggle to pull on your bench shirt. Your adrenaline spikes as your labored breathing thrives to push every last bit of oxygen into your muscles. They cinch up your weight belt another notch and you prowl over to the chalk box. And when the white cloud of smoke clears, it's just you and the iron – five plates a side.



The Difference Maker

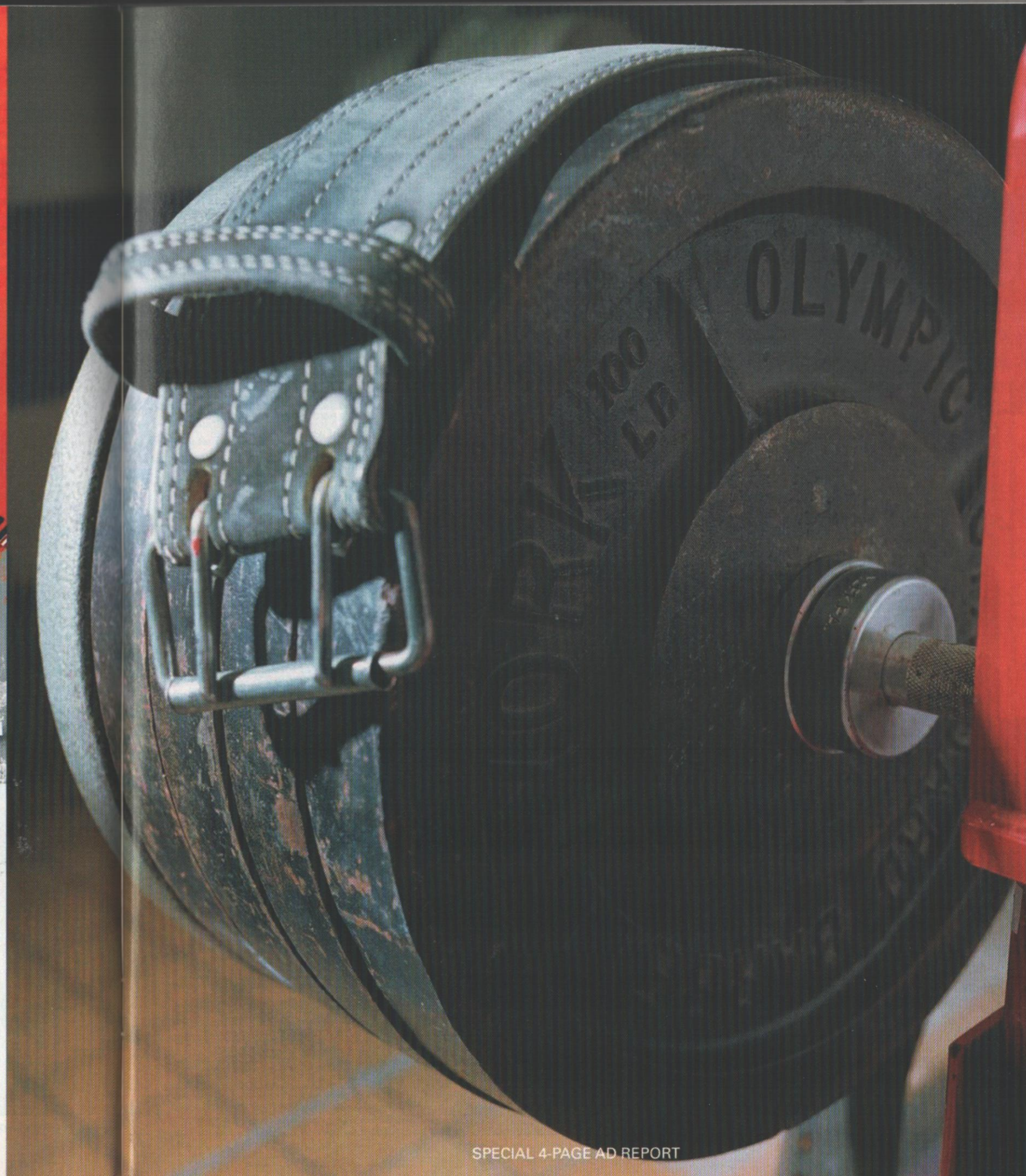
This time around, something feels different. Something is different! In just seconds your muscles are going to fire with full force, uninhibited and in the most explosive display of atomic propulsion you've ever commanded. That's because this time, you had an unfair advantage. Seven days before your biggest meet

to date, you decided to step up your game and arm yourself with the Aplodan™ and GAKIC® Stack – the only stack in the world designed to boost your raw strength in just one week! This was your seven-day journey en route to your most impressive meet.



7 Days Out

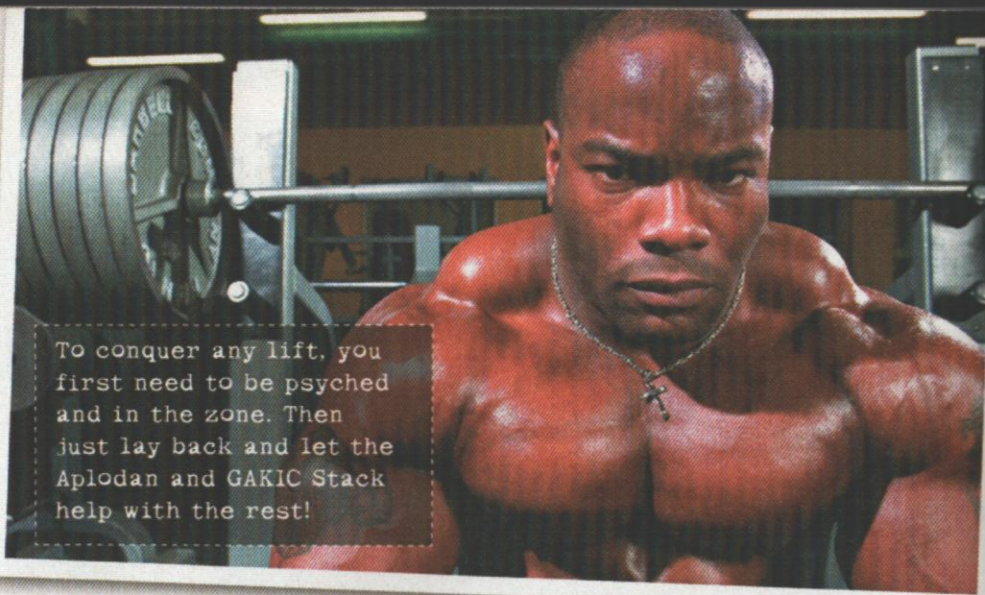
Seven days from now you're going to attempt a new PB, and finally earn yourself a coveted spot in a new bench club. When the time comes,



you'll be psyched and in the zone, but there's no hiding from the fact that there's a lot of dead weight standing between you and a qualifying lift. So, it's time for an edge.

More Firepower

First thing's first – you need more firepower. So to make sure your muscles are firing on all cylinders, you take your first dose of Aplodan™. Its biomedically engineered formula travels deep into your muscles to target the key fibers involved in powerlifting – Dormant Muscle Fibers (DMFs).



To conquer any lift, you first need to be psyched and in the zone. Then just lay back and let the Aplodan and GAKIC Stack help with the rest!

Powerlifting's intense strength enhancer, Aplodan, chemically charges your muscles to fire on all cylinders!

Millions of inactive DMFs lie within each muscle group. Regular training fails to fully activate them, so they can't maximally contribute to your big lifts, they sabotage your meets and they do little for your totals. Aplodan chemically charges these fibers and is clinically proven to increase



muscle fiber activation by an impressive 83 percent in just seven days! So when the time comes to unload on that weight with everything you've got, you'll have a lot more to give!

4 Days Out

As your big meet grows nearer the anticipation starts to build. You visit your local lifting club

for a "light" workout. Light is a relative term, because today's earth-shattering tonnage is just a fraction of what you'll attempt to push in four days! You tighten your wraps, latch your belt and unload on a stacked barbell with mechanical precision.

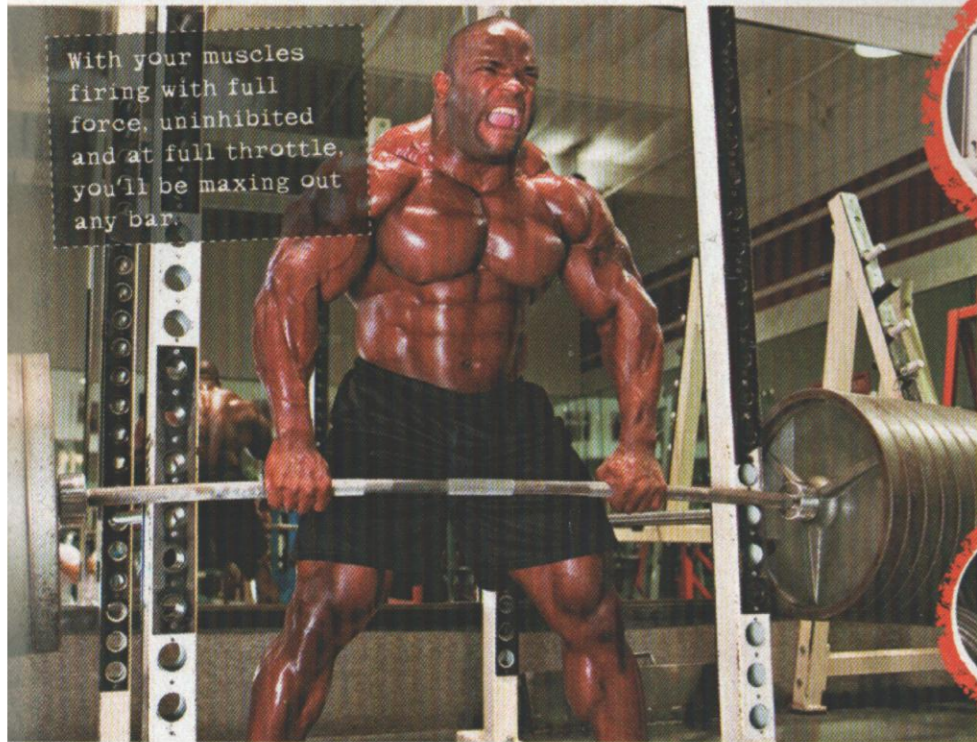
Aplodan is formulated to make your muscles brew with freaky intensity and brute power. With each serving, Aplodan's complex formula infiltrates your deep muscle tissues to target your dormant fibers. In four more days, your muscles will be armed with 83 percent more activation, and that translates into more power output for your bodyweight – which means bigger totals!

Day of the Meet

Your nerves cause you to rise with the sun. A big breakfast awaits, and then it's off to the meet, where you're geared up to stun the crowd and your lifting partners with your newfound strength. You load your bench shirt, belt and wraps into your bag, and then, perhaps the most important tool in your arsenal, your bottle of GAKIC®. Unlike your other lifting essentials, it's guaranteed to instantly boost your raw strength and formulated to make you King of the Bench in one lift!

Minutes Left

Word is out that you're on the Aplodan and GAKIC Stack, and a crowd has grown to see what you can do. As the minutes wind down it's time for your final



With your muscles firing with full force, uninhibited and at full throttle, you'll be maxing out any bar.



Get ready to plow your way into a new bench club with the potent, strength-boosting power of the Aplodan and GAKIC Stack.

weapon, a serving of the world's first and only fatigue toxin neutralizer – GAKIC®!

With each attempt to complete a lift, your muscles are pinned against strength-limiting fatigue toxins, such as ammonia. They infiltrate your muscles and rob them of their power capacity, cutting your lift short and forcing your training partners to step in.

That's where GAKIC comes in. Backed by a decade of research from the University of Florida, GAKIC is the only performance enhancer engineered to scavenge and eliminate fatigue toxins before they rob you of

Within minutes, you'll evolve into an iron gladiator and dominant powerhouse.



You're Up

This is it. It's make or break time. Time to show them what you're made of – iron nerves and barbell brutality.

You slide under the loaded bench and with a final thought think to yourself, "Can I lift this? Damn right I can!" And with the force of an angry rhino, you drive that stacked bar into the air, lower it to your chest and slam it back up, reracking it with so much force it shakes the supports. There's a moment of

Just minutes before the big lift you take a serving of GAKIC, the world's most explosive instant strength booster!

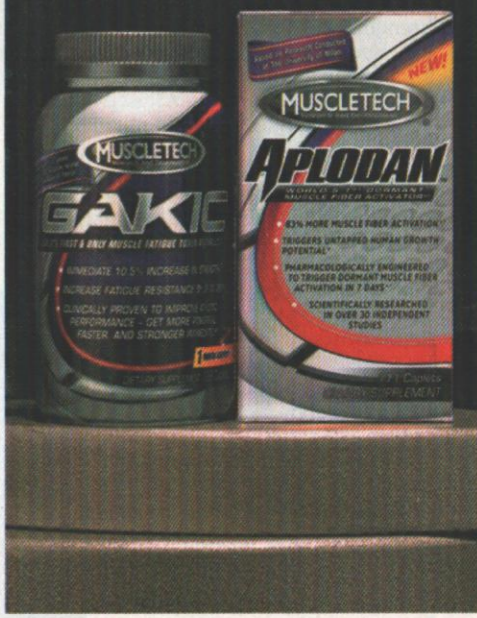
your strength. Within minutes of your very first dose, GAKIC's clinically proven formula will increase your strength by 10.5 percent and amplify muscular endurance by up to 28 percent!

You pop a serving and prepare your muscles for an onslaught of raw power. You haven't even touched a weight, but your muscles begin to twitch with anticipation, primed to unleash their full ruthless might for the first time ever.

tension before the judges reward the lift with white lights and the crowd erupts.

Today, you've earned a new PB and entry into a higher bench club. But this is just the beginning. The longer you're on the Aplodan™ and GAKIC Stack, the stronger you'll get. No record is safe, no total is out of your grasp and no competitor is unbeatable! So don't wait any longer. Start earning bigger totals today!

- ENHANCE RAW STRENGTH BY 10.5%, INSTANTLY!
- INCREASE MUSCLE FIBER ACTIVATION BY 83%!
- IMMEDIATELY BOOST MUSCLE ENDURANCE BY UP TO 28%!



Aplodan and GAKIC are available at GNC, GNC Rite-Aid, Vitamin Shoppe, Popeye's and through BOSS Distribution. After seven days of using Aplodan, subjects were able to achieve higher muscle tension thresholds and thus increased muscle fiber activation by an incredible average of 83 percent greater than baseline (1.74 vs. 3.18 mins.). In a clinical study, GAKIC supplementation up to 45 minutes before resistance training increased the total muscle work performed during intense sets by an average of 10.5 percent and increased fatigue resistance by up to 28 percent. © 2007. All trademarks are owned by their respective trademark owners. GAKIC and Aplodan are patented and available only from Team MuscleTech™.



The Importance of Muscle Recovery

The term "recovery" is bandied about in magazines, gyms, and on internet forums with great frequency. The purpose of this article will be to define recovery and discover how to maximize it, and therefore your results in the gym.

What is Recovery?

The skeletal muscle cells incur damage from heavy weight training. Your nervous system and a myriad of other systems in the body are also stressed or depleted by intense training. The body's response (to repair or replenish) is referred to as recovery. Without recovery, the only consequence of training would be harm to the body.

Most training systems advocate 1-7 days worth of rest from weight training for a particular muscle or muscle group in order to allow for recovery and hopefully for the adaptation of increased size, strength, or both.

Recovery Possibilities

There are essentially 3 recovery-specific results that can occur after training:

1) Recovery is not fully realized between sessions and no progress is made at best, and regression, or atrophy of the skeletal muscles can occur at worst.

2) Recovery occurs, but only to return the skeletal muscle and nervous systems back to the same state they were in prior to the training session.

3) Supercompensation occurs with hypertrophy, increased strength, or both as a result.

Ideally, the skeletal muscle and nervous systems will supercompensate via several mechanisms, one of the most important of which is hypertrophy of the contractile myofibrils within the skeletal muscles. These myofibrils contain myofilaments known as "actin" and "myosin", and it is theorized that they are the mechanisms by which our skeletal muscles are able to contract and

produce force (see the sliding filament theory of contraction). The thickening of the myofibrils contributes greatly to the overall size of the muscle, and to an increased ability to produce force.

Rest and Training for Supercompensation

Nutrition, with respect to the ingestion of the proper amounts and ratios of micro and macronutrients is important to recovery and possible supercompensation, but not as important as rest. This is where the issue gets a bit complicated (as are all things relative to the human body). The amount of rest required will depend upon the training volume, intensity of effort with respect to how close to failure one trains, intensity as a percentage of your 1RM (1 repetition maximum), and frequency of training.

The term "rest" can be a bit of a misnomer. Complete abstinence from training is not necessarily best for recovery. The notion of "active recovery" is one used by many trainers and coaches for their athletes. The theory being that light work of the musculature facilitates recovery via increased blood flow. Whatever the physiological processes upon which this principle

relies, it has been proven to be quite effective. It is also a fundamental component of the concept of training periodization.

Periodization of weight training involves varying the load, intensity of effort, volume of work, form of work, and frequency of training in order to allow the body to slowly and cyclically adapt and progress to ever higher levels of size and strength. Those who utilize periodization realize that the body simply cannot lift near maximal loads using near maximal to maximal effort on a chronic basis and produce optimal results.

In direct opposition to those who believe in periodization are the HIT (High Intensity Training) advocates whom espouse brief and infrequent training which is taken to the limit of one's ability, or "failure" as it is commonly called. These folks understand the importance of recovery but promote a routine which will ultimately not allow for it when applied to compound exercises.

The "Failure" of Training to Failure Consistently for Strength Athletes

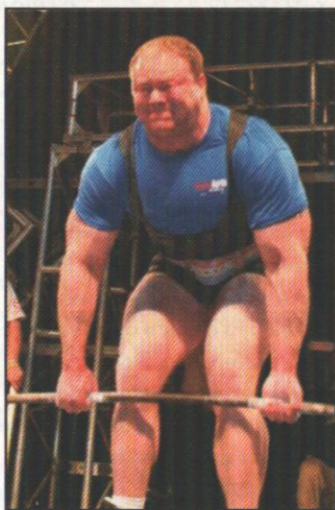
Skeletal muscles can recover from weight training in a reasonably short period of time (24-48 hours for most trainees). This can vary substantially depending upon the intensity (as a percentage of one's momentary ability) and volume of work performed. HIT style routines advocate always training to failure (and beyond). As mentioned at the beginning of this article, training with weights affects both the muscular and nervous systems. When training to failure a relatively greater stress seems to be placed upon the nervous system, especially when heavy loads are used thus demanding increased recovery time for the nervous system relative to the skeletal muscles. As time goes on, those who train to failure see this gap get greater and greater to the point that the rest periods required by the nervous system become so prolonged as to inhibit the training effect on the skeletal muscles. This phenomena is more prevalent in the basic, compound movements and less so

with isolation exercises.

Extended recovery time is counterproductive to hypertrophy and thus to the possibility of optimal supercompensation. In order to quicken recovery, one should stop the majority of their sets with compound movements (squats, benches, deadlifts and so on) short of failure by 1-3 repetitions. The difference in recovery time required between stopping 1-3 reps short of failure, and going to complete failure can be dramatic. This difference allows for a much greater frequency of training and thus a greater stimulus to the skeletal muscles per a given period of time.

Does Training to Failure Have Any Value?

Training to failure can be incorporated into one's routine. As mentioned above, when using isolation movements training to failure does not seem to produce the same (or to the same degree) effects as with compound exercises. So,



frequent use of training to concentric failure with isolation movements (biceps curls, triceps extensions, calf raises, laterals for deltoids etc.) is acceptable and should be incorporated into one's program.

Louie Simmons, of Westside Barbell (www.westside-barbell.com), advocates a day of maximum effort (ME) with compound movements. ME day involves multiple sets pyramided to a single repetition maximum effort. Louie recommends that the lifter not worry about failing on this single rep, maximum effort lift (1RM). Concentric failure is not the goal here, but an acceptable outcome when trying for a new 1RM personal record (PR).

Structuring your Training for Recovery

The Westside method of rotating compound movements by body part weekly (the conjugate method) is an excellent way of allowing for high intensity in one's training while simultaneously

(continued on next page)



avoiding neural stagnation. Choose 3-4 compound exercises by body part. On your ME day, rotate a new exercise each week for 3-4 week "cycles".

The chest, legs, hips, and lower back should be trained twice weekly (or, at a minimum, twice within a 12 day period) with the first day being your ME day and the second being a day for active recovery. Westside utilizes a dynamic effort (DE) day as their 2nd training day each week. DE day focuses on building explosive strength via speed movements. Loads of 50-60% of one's 1RM are used for multiple sets of 3 reps. Accommodating resistance in the form of bands is often used on these days as well. I differ from Louie Simmons a bit in that I feel DE days are really just a form of active

recovery, and their true value lies there rather than in their ability to build explosive strength with heavy loads. You can use either a DE day as your 2nd training day (as is advocated in the Westside training system), or you can use a day where repetitions of 8-12 are incorporated and stopped 2-3 reps short of failure. This "light" day will accomplish the goal of stimulating the skeletal muscles while simultaneously allowing for neural recovery.

The length of time one can train with high intensity (defined as a percentage of one's 1RM) varies individually, and even the individual will find they can tolerate varying lengths of intense training depending upon a myriad of factors such as life stressors and general health. The individual need monitor their

training and when signs of overtraining occur, periods of reduced intensity training should be utilized. This less rigid structure of one's training intensity (i.e. the lifter does not follow a set-in-stone program relative to loads used for specific periods of time) allows for optimal progression by maximizing those periods when the body is most receptive to heavy training.

Which Supplements Can Help Recovery?

Supplementation is an important component of the recovery equation. There are few legal supplements which can have real impact upon your recovery from training. The best, most proven are listed below:

ETS: is a revolutionary product unique to AtLarge Nutrition (www.atlargenutrition.com). It is **the single most potent legal recovery aid on the sports supplement market today.** The primary active ingredient in ETS is both amazingly effective and SAFE! ETS will aid your recovery by both dramatically reducing DOMS (Delayed Onset Muscular Soreness), and greatly reducing the overall rest time required for recovery. ETS will greatly enhance your chances to enjoy the benefits of supercompensation from your efforts in the gym. Men like Mike Wolfe and John Stafford, and women like Kara Bohigian know of its benefits. You can read more about ETS at: www.atlargenutrition.com.

Creatine: in all of its various

forms has been shown to improve recovery (in the sense it promotes increased size and strength) from anaerobic strength training. You are bombarded daily with all of the latest variations of creatine but the most proven and least expensive form called creatine monohydrate is still the best. AtLarge Nutrition offers a Creapure™ micronized creatine monohydrate called **Creatine 500** which is of the highest quality.

Protein: is one of the cornerstones of bodybuilding nutrition. Aside from water, protein is the number one constituent of muscle. A sufficient intake of protein is required to facilitate not only optimal health, but also optimal recovery from intense weight training sessions. AtLarge Nutrition offers 2 protein products one of which is a **24g** per serving protein-only powder called **Nitreen**. The other is a meal replacement powder called **Opticen** with **52g** of protein per serving as well as carbohydrates and various vitamins and minerals. Both products offer nearly fat-free protein supplementation of the highest quality incorporating multiple whey fractions (such as isolate, hydrolyzed, and concentrate), casein, and egg proteins.

Conclusion

As you can see, recovery is an all-important factor in the results you get from your efforts in the gym. Do everything you can to maximize it and you will soon reach your physical goals!

OPTIMAL MUSCLE TRAINING "The Biomechanics of lifting for maximum growth and strength" by Ken Kinakin is this just another training book? no way. First off, this is a book AND a companion DVD, which opens an entire new dimension in weight training instruction. Second, author Ken Kinakin is not just a chiropractor, and a certified strength and conditioning specialist, and a certified personal trainer. He's been a bodybuilder and a competitive POWERLIFTER for over 20 years, as well as a member of the Canadian and International Powerlifting Federation Medical Committees, and a renowned speaker on weight training, injury treatment, rehab, and nutrition. Ken's is the "optimal" approach, indeed, merging the appropriate exercise science with his effective chiropractic expertise to produce results in the "real" world, where athletes face career ending injuries and waste years in the training room trying to overcome unknown weaknesses. In Chapter 1, Dr. Kinakin optimizes the strength training approach in relation to existing weight training dysfunctions. Chapter 2 assesses one's overall readiness to train with weights, and Chapter 3 establishes a practical link between each individual muscle's function and correct exercise movement. Chapter 4 presents a very unique and useful "risk-benefit" concept for analyzing the appropriateness of individual weight training exercises. There's even a very usable guide for designing personal training programs in Chapter 5. The big time bonus is the interactive DVD, included in the binding of the book, which represents a profound opportunity for self-understanding, what with the rich synergy between these printed words and the directly complementary visual demonstrations. (P.S. ... buyers of OPTIMAL MUSCLE TRAINING also receive special access to the 'members only' section of Dr. Kinakin's website, with detailed description of additional exercises, printable versions of the sample forms referred to in the book and on the DVD, plus additional chapters on rest and recovery, and even more beyond that!) OPTIMAL MUSCLE TRAINING is a multi-media approach to personal strength development, written by a broadly acclaimed professional, who actually LIFTS in PL competition himself! Order your copy now, \$27.95 US plus \$4 shipping and handling to Powerlifting USA, Post Office Box 467, Camarillo, CA 93011, 800-448-7693 (Visa/MasterCard/Check/Money Order, California Residents please add 7 1/4% state sales tax)



A little more than a decade ago my best friend Sabastin Rumpulla carried out an act as eerily gruesome as the one committed by Chris Benoit. In fact, the cases are jarringly similar. Both men were extremely intelligent, loving, and compassionate. Both men were athletes and heavy drug users. Both men were experiencing considerable adversity in their lives. Both men took the lives of the people they loved the most.

Three days before Thanksgiving, Sabastin, this once glorious human being who was so full of love and kindness, whose mind was so gifted and exhilarating, who gave constantly to others ... went home, got his gun, and killed his beautiful wife, his two magnificent little boys, and himself. It hurts my heart still to this very day. What a waste! Here was a man who had the world for the taking and he threw it all away.

The question: what goes on in someone's brain that might lead him to attack another human being? In order to attempt to answer such a question, we will first need to get a cursory understanding of two major structures of the brain ... the cerebral cortex and the limbic system. We will start with the cerebral cortex.

The cerebral cortex is mounted on top of all the other brain structures. It is composed of two sphere-shaped hemispheres that are physical mirror images of each other. Despite the fact that the two hemispheres are identical reverse images of each other, there are significant differences between them. As confusing as this may seem, the right hemisphere controls the left side of your body and the left hemisphere controls the right side of your body. The reason for this is that as the nerves descend from the hemispheres they cross over at a point called the pyramid decussation point.

Interestingly, if you are right handed, and about 90% of the population is, you will be left-brain dominant. The dominant hemisphere is typically responsible for executing most of your body movements such as walking, speaking and writing. It is also primarily responsible for analytical thought and problem solving. This part of your brain is like your "board of directors". It gets incoming information, analyzes it, and makes decisions as to how it

DR. JUDD

Rage and Violence - Part II as told by Judson Biasiotto Ph.D.



Dr. Judson Biasiotto has explored many aspects of the human mind.

will respond to that information.

The minor hemisphere, which would be the right side in this case, would be responsible for more esthetic things such as music and artistic matters. Although the minor hemisphere can understand language, it neither talks nor writes. It is basically a silent

partner who takes directions from its dominant counter part.

Human beings have extremely sophisticated cerebral cortexes. The cortex is truly the master organ of the body. It gives us the ability to think abstractly, engage in cognitive analysis and allows us judicious reasoning. In short, it is what separates us from any other

species. No other species has anywhere near the potential that our cortex affords us. The powers of the human brain are literally beyond human comprehension.

Brain researchers estimate that even prodigies don't use more than a fraction of their brain's potential. "If man used the full potential of his brain," says Dr. Stephan Berhard, a leading neurophysiologist, "he would most likely cross the parameters of mortality; he would become God-like." That is the kind of power the cerebral cortex affords us. This is the part of your brain that separates you from most animals. It gives you the ability to think abstractly. It also gives you the capacity to think rationally and creatively. Additionally, it gives you the ability to engage in cognitive clarity. In short, it gives you the ability to think things through rationally and intelligently. You might say it is where our intelligence is housed.

Interestingly, if this part the brain is sedated, inhibited, or removed (de-cortex-ed), the individual will become extremely emotional. For instance, if you consume as little as two drinks of alcohol, it will significantly impair your cerebral cortex ... meaning that your ability to think rationally will be considerably diminished. That is why people under the influence of drugs that are central nervous system depressants make poor decisions like picking a fight with a guy as big as Andre the Giant or jumping into a swimming pool from the fifteenth floor of their motel room. You have probably witnessed this type of behavior on a number of occasions. You go to a bar and there is this sweet little girl there that is so shy she can't even give you eye contact without turning fifteen shades of red. You give her a couple drinks and the next thing you know she is up on top of the piano taking her clothes off.

I am sure you probably have seen this scenario played out as well. A guy who is about as big as an eleven-year-old stamp collector will come into a bar; he wouldn't hurt a fly for the simple reason that he actually couldn't hurt one. The guy couldn't crack an egg if he had to, but put a little liquor in him and he is ready to take the entire bar on. These guys are easy to identify ... they don't

have any front teeth. The examples don't even have to be that extreme. Just watch some guys who have been drinking for a while. They will try to pick up anyone ... the bar maid with no teeth and fresh stitches in her head, the coat check girl with a beauty rating lower than Miss Piggy, the elephant man ... they don't care. If it gets too late and they can't find anyone, they will ask the bartender out. Why? Because with their cerebral cortex bathed in alcohol, they cannot think rationally. Heck! Cops shouldn't even waste their money with breath analyzers. They should just drive around with an ugly girl in the car and if they think a guy is drinking, just ask him, "Would you date this girl?" and if he says, "Yes," just book him because he is drunk as hell.

All of this is outlandish ... it doesn't make sense, but people on depressant drugs can't make sense because the part of their brain, the cerebral cortex, which is used for good judgment and reasoning, is impaired. When the brain is tranquilized or influenced by drugs, you are not making decisions with your cerebral cortex; you are making decisions basically with your limbic system ... emotional decisions.

Under the cerebral cortex lies a part of your brain called the limbic system, which is responsible for emotion. There are identical limbic systems in both of your hemispheres, but because they are in close contact with each other via the corpus callosum bridge, we can treat them as a single unit. Just as the cerebral cortex is divided into several parts, the limbic system also has several structures. Ordinarily, the cerebral cortex overrides the limbic system ... that is why you don't act like an emotional retard twenty-four seven. However, if the cerebral cortex is sedated, the limbic system takes over. Then you become basically an emotional animal.

One of the major parts of the limbic system that we are concerned with here is the amygdala. This structure is buried deep within the temporal lobe on each side of the head. Interestingly, the amygdala has a significant influence on libido. When electrodes were put into an animal's amygdala (the medial division) and then stimulated, they became markedly over-sexed. The males would try to mount anything in their vicinity, including inanimate objects. The females became just as sexually aggressive, attempting to have sex with whatever was at their disposal and repeatedly attempting to copulate even with species other than their own (e.g. a cat with a dog, a dog with a turtle, ...Hello!) regardless of their sex.


Knowing how rats respond to the stimulation of their limbic system, a number of researchers got together and decided they would use this information to see if they could get rats to become ... "more social." Okay, truth is they wanted to see if they could get their furry little critters to engage in homosexual behavior. Nice guys, right? They put electrodes into the amygdala of a number of male rats. Then, when the rats got close to each other, they stimulated their

amygdala. Their idea was that once they stimulated the rats' amygdalae they would immediately copulate.

Well, it didn't quite work out that way. When they stimulated the limbic system of the rats, they attacked each other violently. In fact, as soon as the rats were shocked, they stood up on their hind legs, faced the other rats, opened their mouths, and bared their teeth. Then they struck at the other animal furiously. It was obvious that something was wrong. Upon further investigation, it was discovered that they put the electrodes in the wrong place in the limbic system. They inadvertently put the electrodes in the part of the amygdala that was responsible for violence and aggressive behavior. Before you could say ESB (electrical stimulation of the brain), a whole new area of research was embarked upon ... investigation of the amygdala and aggressive behavior.


For the next few years, researchers were busy implanting electrodes into the amygdala of animals. What they found was rather interesting. For example, as mentioned, they found that if they stimulated the amygdala of rats, they would furiously attack each other. Even more fascinating was the fact that when they put a small rat in a cage with a big rat and stimulated the small rat's amygdala, he would still attack the big rat. This was rather startling, because as with humans, there is a hierarchy in the animal kingdom. Ordinarily, smaller and weaker animals will not attack bigger and more powerful animals. They will usually cower away from the more powerful animal. Consequently, it seemed that when the rat's amygdala was stimulated he had no control of his emotions. Eventually, they took this finding to a higher level. They wanted to see if a rat would attack members of different species. For example, would a rat attack a cat or a snake? The answer was a resounding YES! They put a restrained cat in the cage with the rat. Naturally, when the rat saw the cat, he kept as much distance between him and the cat as possible, but when they stimulated the rat's amygdala. Guess what happened? The rat attacked the cat viciously, and, of course, the cat ate the rat, which just goes to show you that if you can't control yourself you can get killed ... like - dead even. Interestingly, an animal whose amygdala is stimulated will attack almost anything, even the experimenters, if given the opportunity.

What does all of this mean? Simply put, emotional behavior is highly correlated with stimulation of the electrical activity in the limbic system. In laymen's terms, there is a biological side to rage and violence in animals. Of course, we are not animals ... well, most of us are not. What would happen if a human's limbic system were stimulated? Would he respond like an animal? Also, what can cause stimulation of the limbic system besides electrical stimulation? Could Benoit's behavior be contributed to a dysfunctional amygdala? I will try to answer those very questions next month.



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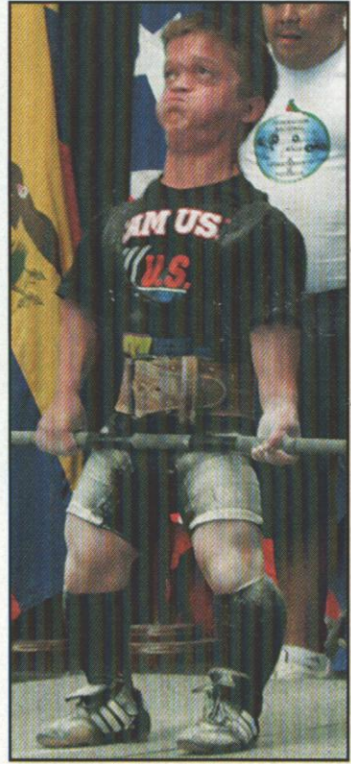
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NAPF North American				
20-24 JUN 07 - Guatemala City				
Powerlifting	SQ	BP	DL	TOT
WOMEN				
Sub-Junior I				
105 lbs.				
Durham-USA	220	121.3	220	562
Trinidad-USA	242	104	203	551
114 lbs.				
VnDusen-USA	242	110	297	650
Sub-Junior II				
123 lbs.				
Baldwin-USA	275	159	303	738
148 lbs.				
Chappell-USA	358	187	369	914
165 lbs.				
Marin-USA	352	209	336	898
Junior I				
98 lbs.				
Vazquez-GUA	259	143	242	644
104 lbs.				
Serrano-PUR	253	165	253	672
123 lbs.				
VnDusen-USA	358	209	347	914
Nieland-USA	231	137	264	633
Junior II				
132 lbs.				
Youngblood-USA	242	170	259	672
148 lbs.				
Perez-ESA	143	77	220	440
181 lbs.				
Tyquiang-PUR	308	148	330	788
Parker-USA	297	176	264	738
Montes-ESA	154	99	253	507
Master I				
114 lbs.				
Carrillo-GUA	286	143	286	716
148 lbs.				
Mach-USA	275	121	270	666
181 lbs.				
Marts-USA	319	192	341	854
Canas-ESA	286	143	314	744
165 lbs.				
Clark-USA	363	198	435	997
181 lbs.				
Caballer-GUA	385	281	363	1030
Master II				
148 lbs.				
Moore-USA	281	159	303	744
165 lbs.				
Merrick-USA	192	104	297	595
181 lbs.				
Hackney-USA	259	159	292	711
Open				
104 lbs.				
Vazquez-GUA	286	121	286	694
Lopez-USA	237	137	303	677
Serrano-PUR	253	165	253	672
Vazquez-GUA	259	143	242	644
Fajardo-HON	187	104	209	501
114 lbs.				
Brown-USA	292	143	314	749
Carrillo-GUA	286	143	286	716
123 lbs.				
Mathern-USA	341	220	319	881
Paralympian				
123 lbs.				
Perez-MEX	—	275	—	275
132 lbs.				
Salinis-USA	330	165	308	804
Perez-ESA	143	77	220	440
148 lbs.				
Tyquiang-PUR	308	148	330	788
Canas-ESA	286	143	314	744
Montes-ESA	154	99	253	507
165 lbs.				
Smith-USA	380	242	402	1025
Ribic-USA	523	275	556	1355
181 lbs.				
Baum-USA	385	237	413	1036
Caballer-GUA	385	281	363	1030
198 lbs.				
Costas-PUR	512	292	463	1267
Dodge-USA	341	226	336	903
198+ lbs.				
Allen-USA	468	314	385	1168
Open				
104 lbs.				
Vazquez-GUA	286	121	286	694
Lopez-USA	237	137	303	677
Serrano-PUR	253	165	253	672
Vazquez-GUA	259	143	242	644
Fajardo-HON	187	104	209	501
114 lbs.				
Brown-USA	292	143	314	749
Carrillo-GUA	286	143	286	716
123 lbs.				
Mathern-USA	341	220	319	881
Paralympian				
123 lbs.				
Perez-MEX	—	275	—	275
132 lbs.				



Lana Allen totaled 530 kgs., best USA Women's performance (G. Marts)

Salinis-USA	330	165	308	804	165 lbs.	—	—	—	—
Perez-ESA	143	77	220	440	Turcios-GUA	385	187	463	1036
148 lbs.					Lopez-HON	—	—	—	—
Tyquiang-PUR	308	148	330	788	Junior I				
Canas-ESA	286	143	314	744	114 lbs.				
Montes-ESA	154	99	253	507	Chen-GUA	286	198	341	826
165 lbs.					123 lbs.				
Smith-USA	380	242	402	1025	Rivas-GUA	374	237	413	1025
Ribic-USA	523	275	556	1355	148 lbs.				
181 lbs.					Rodrigue-PUR	479	253	485	1218
Baum-USA	385	237	413	1036	Keenan-USA	474	270	407	1151
Caballer-GUA	385	281	363	1030	Castro-ESA	264	170	352	788
198 lbs.					Junior II				
Costas-PUR	512	292	463	1267	165 lbs.				
Dodge-USA	341	226	336	903	Samayo-GUA	496	352	507	1355
198+ lbs.					MI/Group I				
Allen-USA	468	314	385	1168	148 lbs.				
MEN					MI/Group II				
Sub-Junior I					181 lbs.				
114 lbs.					Estrada-PUR				
Hinkel-USA	369	242	214	826	644				
Burbano-GUA	308	231	396	937	468				
132 lbs.					661				
Godinez-GUA	396	231	341	970	1774				
Mach-USA	347	170	369	887	1190				
Sub-Junior II					275+ lbs.				
148 lbs.					Brooks-USA				
Brester-USA	—	198	358	556	567				
MII/Group I					374				
148 lbs.					407				
Blaumill-USA	264	192	325	782	1350				
181 lbs.					MI/Group II				
Clayton-USA	325	319	463	1107	148 lbs.				
198 lbs.					Blau-USA				
Escobar-GUA	507	330	463	1300	264				
Walt-USA	347	292	413	1052	192				
220 lbs.					325				
Givens-USA	551	413	600	1565	319				
275 lbs.					463				
Suarez-USA	479	413	451	1344	1107				
MIII/Group I					MII/Group II				
165 lbs.					198 lbs.				
Garay-ESA	308	88	308	705	Escobar-GUA				
242 lbs.					507				
Helmich-USA	523	413	600	1537	347				
Open					292				
123 lbs.					413				
Cancel-PUR	407	270	402	1080	600				
Rivas-GUA	374	237	413	1025	1565				
132 lbs.					275 lbs.				
Guido-MEX	451	248	507	1207	Suarez-USA				
Garcia-GUA	—	259	358	617	479				
148 lbs.					413				
Montefel-USA	512	391	457	1361	451				
Santos-ESA	485	303	485	1273	1344				
Rodrigue-PUR	479	253	485	1218	1300				
Ramirez-GUA	463	231	496	1190	1052				
Marroqui-GUA	440	303	440	1185	1565				
1185					617				
Keenan-USA	474	270	407	1151	1361				
Mejias-MEX	374	231	474	1080	1273				
Garcia-HON	308	198	429	937	1218				
165 lbs.					1190				
Hammer-USA	600	435	562	1598	440				
Page-USA	556	352	584	1493	1185				
Alvarado-MEX	479	385	534	1399	1151				
Escobar-ESA	529	341	512	1383	1080				
Samayo-GUA	496	352	507	1355	1493				
DeLeon-PUR	501	303	518	1322	1399				
Moreno-MEX	418	253	496	1168	1383				
Saith-TRI	418	270	474	1162	1355				
Valle-ESA	407	181	440	1030	1322				
Hernan-HON	352	270	396	1019	1168				
Hernand-PUR	468	—	—	468	1162				
Escobar-GUA	—	275	474	749	1030				
Lopez-HON	—	—	—	—	1019				



Jason Hinkel ... Best Jr. Lifter. (TM)



Oswaldo Jaime ... inspired other challenged lifters with his performance. (photo by Teresa Merrick)

Segura-GUA	451	319	451	1223
Valle-ESA	407	181	440	1030
Azcena-ESA	286	165	330	782
Escobar-GUA	—	275	474	749
Junior III				
181 lbs.				
Smith-USA	562	314	545	1422
Romero-ESA	418	242	485	1146
Castro-ESA	319	198	396	914
Avaless-ESA	275	209	374	859
198 lbs.				
Garcia-PUR	589	341	595	1526
Tarango-MEX	595	352	567	1515
Aguilar-ESA	385	264	451	1102
Martinez-ESA	264	154	330	749
Junior IV				
220 lbs.				
Santadr-GUA	628	396	529	1554
Albritton-USA	556	385	534	1477
Pantoja-MEX	507	358	463	1328
Garcia-ESA	347	270	413	1030
242 lbs.				
Stanisla-USA	633	424	562	1620
MI/Group I				
148 lbs.				
Marroqui-GUA	440	303	440	1185
Mejias-MEX	374	231	474	1080
165 lbs.				
Page-USA	556	352	584	1493
MI/Group II				
181 lbs.				
Stanley-USA	512	325	573	1410
Woodley-ARU	380	270	418	1069
198 lbs.				
Brown-USA	622	479	545	1647
Bravo-GUA	595	407	518	1521
Orozco-NCA	606	385	518	1510
MI/Group III				
220 lbs.				
Heyl-USA	463	319	485	1267
Jaime-GUA	143	396	198	738.5
Cabrera-PUR	551	—	540	1091
242 lbs.				
Miranda-PUR	501	402	518	1422
Pineda-GUA	341	226	363	931
MI/Group IV				
275 lbs.				
Estrada-PUR	644	468	661	1774
Velasque-CRI	407	363	418	1190
275+ lbs.				
Brooks-USA	567	374	407	1350
MI/Group I				
148 lbs.				
Blaumill-USA	264	192	325	782
181 lbs.				
Clayton-USA	325	319	463	1107
198 lbs.				
Escobar-GUA	507	330	463	1300
Walt-USA	347	292	413	1052
220 lbs.				
Givens-USA	551	413	600	1565
275 lbs.				
Suarez-USA	479	413	451	1344
MIII/Group I				
165 lbs.				
Garay-ESA	308	88	308	705
242 lbs.				
Helmich-USA	523	413	600	1537
Open				
123 lbs.				
Cancel-PUR	407	270	402	1080
Rivas-GUA	374	237	413	1025
132 lbs.				
Guido-MEX	451	248	507	1207
Garcia-GUA	—	259	358	617
148 lbs.				
Montefel-USA	512	391	457	1361
Santos-ESA	485	303	485	1273
Rodrigue-PUR	479	253	485	1218
Ramirez-GUA	463	231	496	1190
Marroqui-GUA	440	303	440	1185
1185				
Keenan-USA	474	270	407	1151
Mejias-MEX	374	231	474	1080
Garcia-HON	308	198	429	937
165 lbs.				
Hammer-USA	600	435	562	1598
Page-USA				

POWER - RESEARCH

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Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular development and muscle fiber composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment, implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (NMJ) or synaptic cleft. This is, for strength athletes, the essential "power gap" that must be bridged for strength development beyond muscular hypertrophy and training effect.

To properly maximize the electrochemical nature of muscular contraction, it is important to understand the series of discrete events that leads to all physical movement, in this example, the arm extension in the bench press:

1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the triceps. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

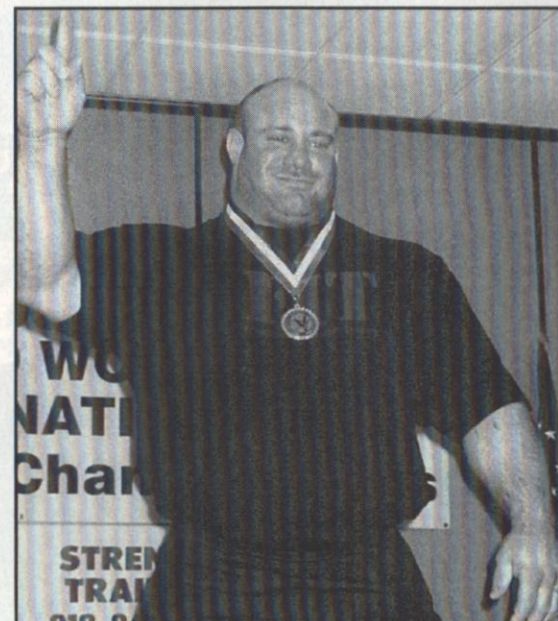
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

3) Acetylcholine binds to receptor sites on the muscle, recreating the electric action potential.

4) The electric current causes the release of calcium (Ca++) from the sarcoplasmic reticulum in the muscle.

5) The calcium connects the contractile machinery of the muscle (actin and myosin), and muscular contraction

ACETYLCHOLINE: 10 World Records in 12 Months and the Future of Strength Development as told to PL USA by Timothy Ferriss, ACSM



Scott Mendelson is a big endorser of BodyQUICK

occurs; the fibers in the triceps slide over themselves in a ratcheting movement, shortening and extending the arms.

Without chemical stimulation from a motor neuron, muscular contraction cannot occur. Without optimal chemical stimulation, maximal strength output cannot be generated.

To facilitate and optimize the above process for strength gains, one can increase area-specific calcium release, increase the number of motor units activated by a given motor neuron, or increase acetylcholine production at the Neuromuscular Junction. Two vehicles can be used to further these goals: training and supplementation.

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger

and most easily fatigued muscle groups, where each neuron must service larger numbers of muscle fibers (i.e. white type II-b fibers in the thighs, back, and other major groups critical to maximum lifts in strength sports).

Training, however, is for another article, and the above physical adaptation does not increase neurotransmitter production or the number of receptor sites for them: the two missing links, so to speak. Within the context of this brief article, we shall focus on the most neglected vehicle for maximal strength development via supplementation: acetylcholine.

Thomas Inledon, president of Human Performance Specialists, a sports pharmaceutical

consulting firm, cites acetylcholine and associated neural co-factors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylcholine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout [by increasing the amount of weight that can be lifted]."

By actively providing the precursors and conversion agents necessary for optimization of nerve conduction, strength is increased through the power of multiplication: using more muscle fiber in a given movement, which equals greater gains and hypertrophy in a shorter period of time.

The quantifiable real-world improvements athletes are demonstrating with neural accelerators, now that they are appearing in the competitive circuits, is more impressive than physiological theory or hypothetical speculation.

Scott Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 1008 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

the market] helps everything fire faster. The power and speed it generates is like nothing I've ever tried."

Peter Primeau, IPA World Champion, states: "Last year I was able to squat 565 [lbs.] in a competition. By using [neural acceleration] earlier this year I achieved a 705 squat in competition. My bench went from 440 to 550 in the same cycle. My deadlift improved from 625 to 645. Today I squatted 715 deep for a double."

It is understood that world-class athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect. That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest-possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

How does one simultaneously increase motor unit recruitment, increase muscle fiber stimulation, and decrease muscle fiber fatigue? Understanding the role and optimization of acetylcholine is the key to bridging the "power gap" and actualizing true genetic strength potential.

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarcoplasmic or sarcomeric.

Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced internally.

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as BodyQUICK

(www.getbodyquick.com). Featured on FOX Sports and CBS' "Science of Fitness", BodyQUICK has quickly entered the world of professional sports and immediately demonstrated the power of acetylcholine, setting nearly 10 world records in competitive powerlifting alone within the last 12 months. BodyQUICK is ASDA-approved and contains no banned substances listed by the International Olympic Committee (IOC) or NCAA. To affect the calcium component of neural transmission and muscular contraction, this product also includes methylxanthines which increase Ca++ release.

Analogous to insulin as a so-called "master hormone" in its ability to regulate testosterone and Human Growth Hormone (HGH) production, the nervous system is the parent biosystem that determines the output and limits of the muscular and cardiovascular systems, as they both depend on electric impulses and action potentials. For this reason, the biochemicals that support neural transmission and help recruit the maximal number of motor units must be optimized to realize the true upper limits of muscular power output.

With an excellent record of clinical safety, acetylcholine-based neural accelerators may present a safer alternative to the more harmful anabolics and androgens so prevalent and so often misused in competitive strength sports today.

Timothy Ferriss, ACSM, has been featured by media worldwide, including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies, visit www.adaptagenix.com or www.getbodyquick.com

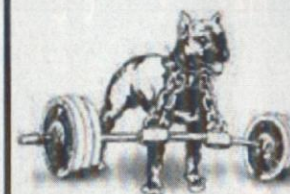
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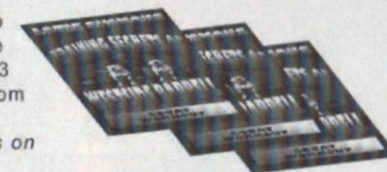
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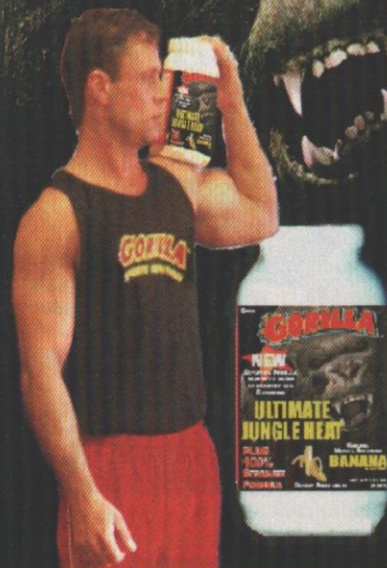
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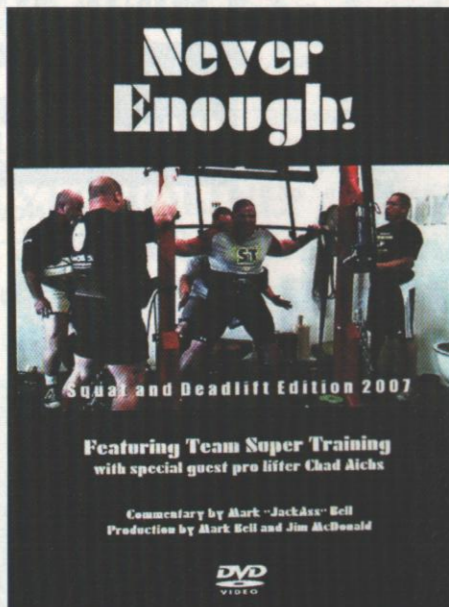
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NEW PRODUCT



NEVER ENOUGH (Squat and Deadlift Edition) is a new DVD by Mark Bell of TEAM SUPER TRAINING in Sacramento, CA which is producing some monster strength athletes .. lots of insight into Westside training, Super Training-style, an in depth interview with Chad Aichs, and much more. Check out www.myspace.com/supertraining and www.strongvisual.com for more information.

See powerlifters train as a team.
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Learn how to take control of your training.

Mark Bell, who writes as "JackAss" on the Elite Fitness Systems website (elitefitness.com), carries this informative and entertaining look at his team's training, often hilarious and always insightful. Mark discusses each lifter's technique during a series of dynamic and maximum effort training sessions. He also describes how his team implements the methods he learned by training with Louie Simmons of Westside Barbell in Columbus, OH. Formed in 2005, members of Sacramento-based Team Super Training represent a variety of heights, weight classes, ages and experience levels. Whether you're new to powerlifting or you've been around a while, you'll identify with members of the team.

Additional Features

Chad Aichs (www.chadaichs.com), one of the strongest powerlifters in the world, stops by the Super Training Gym to talk about his training philosophies and how he has adapted the "Westside" template to maximize his team's potential. He also trains with his teammates, Scott Burgess, and strength coach Jesse Berdick (jessberdick.com).

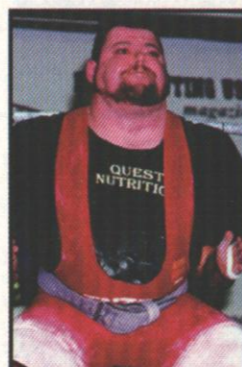
Team Super Training member Scott "Boss" Cartwright, who is featured in the powerlifting documentary *Power Unlimited* gives a behind-the-scenes look at a single-gly meet in which he totaled 2704 lbs. Scott's frank commentary is one of the highlights of this dvd.

2 Hours, 11 minutes. Presented in uncut/unrated widescreen format and Dolby Stereo sound.
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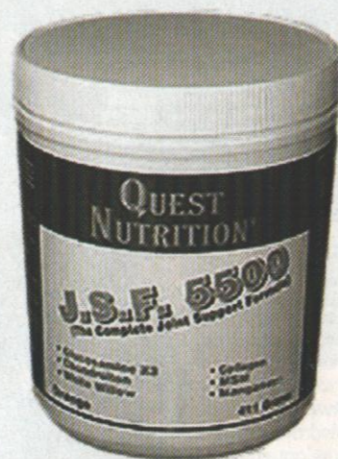


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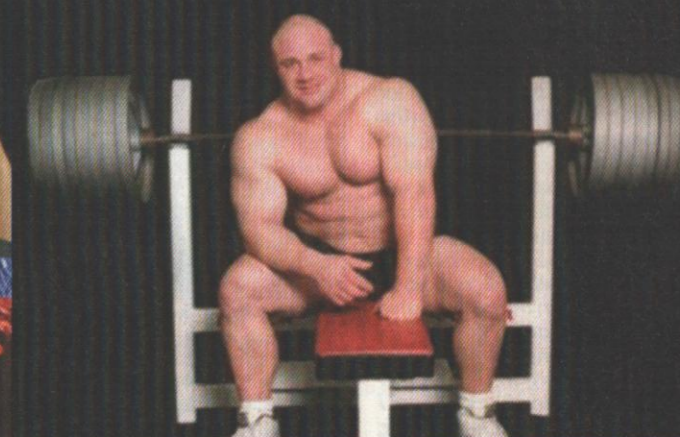
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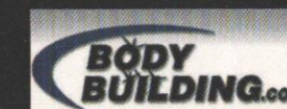
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NUTRITION

Power Nutrition Q & A

by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T.

PHARMACEUTICAL ENHANCEMENT PROTECTION

Q: I have used steroids and other performance enhancing drugs for over 10 years. I have won the Nationals three times and placed second at the World Championships twice. I have used about every steroid out there including every form of Testosterone, EQ, Deca, Winstrol, Dianabol, Trenbolone and A-Bombs. In the past I wasn't the most health conscious individual, but now that I am 37, and after reading your column, I feel like its time for a change. I still plan on using anabolic steroids, but would like some advice to help keep myself healthy long term. I know this is something that I should have seriously looked into a decade ago when I decided to take the plunge, but I guess it's better late than never. I was wondering if you could recommend some natural supplements or herbs which can help prevent side effects from the pharmaceutical plan I will be running. **Name withheld by Request**

A: Dealing with a pharmaceutically enhanced lifter is much different than working with a drug free athlete. The enhanced lifter will need to monitor his bloodwork more closely than his drug free counterpart. Considering the way most lifters do not take care of their health, whether they are enhanced or not, most should get bloodwork done to make sure they are healthy. The first thing that I recommend to all powerlifters who decide to use pharmaceuticals is to get a medical professional you can trust who can do blood work with you every few months to see what your readings are on several different fronts. This should include a cardiovascular profile that outlines your LDL, HDL, Total Cholesterol and Homeocysteine levels. Your liver enzymes should also be monitored along with your kidney function. Your hormones also need to be monitored including your Total Testosterone, Free Testosterone, Estrogen, and Cortisol. There are other markers that should be monitored, but I will just give you the basics that should be covered.



Anthony Ricciuto - the food guru behind www.NutritionXP3.com

It is important that you go to a medical professional with whom you can truthfully discuss what you are doing with your enhancement program. I don't know what part of the world you are from, but if you live in North America this can be difficult. There is a major stigma attached to those who use performance enhancing drugs and many categorize them together with people who use narcotics. Of course, this is pure stupidity, but it is a reality due to the media onslaught that is present in North America. Many doctors will just tell you to stop and in reality most have very little knowledge of the science of performance enhancing drugs. To cover up their lack of knowledge they will just criticize the user. It is not like this in other parts of the world where these drugs are legal and can be purchased from a pharmacy with a prescription the same way you pick up penicillin. In Europe and Asia, doctors are much more liberal in regards to performance enhancement so if you live there your quest to find a doctor will be much easier. No matter where you are in the world it is important that you can confide in a medical professional whom you can trust and who will monitor you without being overbearing regarding the choices you have made.

THE ANSWER YOU ARE LOOKING FOR!

So you are looking for some natural supplements and herbs to help protect your health during your cycle. I will give you props because the majority who take performance enhancing drugs are not as concerned as you. This is a good thing because an ounce of prevention is worth more than a

pound of cure. One of the problems that lifters run into is that there are many different side effects you will be trying to protect yourself from, all at the same time. This may call for taking several different products several times per day to get the desired effects. This may not be realistic. There are some people who can follow a regimented supplement plan and never miss a beat even if they need to take 10 different natural supplements 3-4 times per day. For others, just getting them to take a one a day multi-vitamin can seem like a chore. What I am going to recommend is no doubt the best single preventative formula, which contains several different proven ingredients all in one formula. The answer is Cycle Support and it is made by a company called Anabolic Innovations.

WHY CYCLE SUPPORT IS SO IMPORTANT

You may be asking why I like this formula for the chemically enhanced athlete. The fact is there are way too many beneficial ingredients in this formula to ignore. It contains eight ingredients and is formulated to provide a synergistic effect to get maximum protection for those that use steroids. Let's take a look at each specific ingredient so that you understand how each one can help protect you from the side effects associated with a pharmaceutical plan.

NAC

NAC, aka N-Acetylcysteine, is one form of the amino acid Cysteine. One benefit of NAC is the strengthening effect it has on your immune system. Among the individuals who use pharmaceuticals, one of the things they will tell you is that they suffer from colds more often when they are on their cycle compared to when they are off. NAC increases the production of the enzyme Glutathione, one of the most potent antioxidants known to man. Studies have shown that individuals who have immune deficiency often have low levels of Glutathione. Another major benefit of NAC is the effect it has on the respiratory system. It can help breakdown mucus in the lungs, something many people suffer from, especially those with Asthma. NAC is what I would consider a "Base Supplement" due to the fact that it has so many health benefits that all lifters can take advantage of.

MILK THISTLE

Milk thistle is one supplement that all Powerlifters, if they decide to go the Anabolic route, should use as a staple. The major benefit that Milk Thistle

has is on your liver. It has been shown over and over to help protect your liver from damage from numerous toxins.

- It is well known among Powerlifters that many of the most popular drugs, especially pre-contest, are oral steroids.
- The reason for this is that they increase strength dramatically, they kick in fast due to their short half lives, they increase aggression the best, and the water retention they cause will improve leverages.
- The down side to these bad boys is that they are some of the harshest on your liver. Since they are Alpha Alkylated 17 (C-17AA) structured they cause it to pass through the liver twice, whereas injectable steroids pass through the liver only once.

- Supplementing daily with Milk Thistle can dramatically help prevent the side effects associated with oral steroid use. Powerlifters who do use pharmaceuticals take note because it is well known that as contest time approaches so does the dose increase of oral steroids among most lifters.
- Milk Thistle has shown positive results in every form of liver disease.
- Another beneficial factor is that these benefits also include damage done by drug or alcohol use.
- Milk Thistle works two ways to help keep your liver healthy.

- Firstly, it can inhibit factors that cause different forms of liver damage.
- Secondly, it actually stimulates new liver cell production to replenish damaged cells.
- The active ingredient in Milk Thistle is Silybinin and not only does it have many benefits for the liver but is also a potent antioxidant.

- Silybinin is one part of the chemical layout of flavoligan silymarin.
- Some of you may not care about the chemical structures of this amazing plant but you all should take note of how it helps the liver.
- This chemical actually alters the liver membrane structure which then leads to the blocking of harmful toxins into the cell.
- It increases the intercellular concentration of Glutathione, one of the main substances that are responsible for detoxifying your liver cells.

- Using oral anabolic steroids and not using Milk Thistle is like driving a race car without a seat belt on... plain and simple, it's a stupid move!

HAWTHORN BERRY

- One of the major benefits of Hawthorn Berry is the effect it has on your circulatory system.
- It is also important for its effects on your cardiovascular health.
- It is well known that it can help dilate coronary blood vessels and increase blood flow to the heart.
- It has also shown promise to provide support for the arterial walls in your

heart.

- Lastly, is that it can help increase the strength at which your heart pumps blood.
- Cardiovascular health is one of the most overlooked areas of health among all powerlifters, drug free or enhanced.
- Just the cardiovascular benefits of this plant are worth their weight in gold.
- Another cardiovascular benefit that Hawthorn Berry has is the positive effect it has on cholesterol levels.
- This is another problem that plagues Powerlifters like there was no tomorrow.

POLICOSANOL

- For those of you who are "Heart Conscious" then this is the supplement for you.
- Policosanol can help lower your bad or LDL cholesterol and at the same time increase your good or HDL cholesterol.
- It can actually stop the formation of artery lesions.
- Policosanol also inhibits LDL oxidation. This LDL oxidation causes chronic inflammation and leads to the actual destruction of your blood vessels.
- Another benefit is it helps control metalloproteinase enzymes. The reason why this is so important is the fact that they also help cause destruction to blood vessels in your heart because they block the benefits that your good or HDL cholesterol provides.
- To top off all these fantastic cardiovascular benefits is the fact that Policosanol also helps prevent blood clots that lead to heart attacks.

CELERY SEED

- Studies have shown that Celery seed can help not only lower your blood pressure but also your LDL or bad cholesterol as well.
- Celery seed has been shown to have anti-inflammatory benefits as well as reduce swelling around joints.
- It has shown a lot of promise for those suffering with arthritis, gout and rheumatism.
- It has numerous benefits for the urinary tracts system to help prevent infections.
- One of the benefits that I particularly like is the fact Celery Seeds help in the digestion of protein. Remember, it's not only how much protein you are taking in each day - it's how much you are absorbing, so this can be of great benefit for all lifters.

IDEBENONE

- Idebenone is similar to another compound known as CoQ10, but is actually better.
- One benefit of Idebenone is that it raises the brain's levels of Serotonin.
- It has also been shown to increase nerve growth factors in the brain.

- It is known to have nootropic benefits too, which relates to how well you can focus and concentrate.
- Some individuals have noticed improvement with depression when supplementing with Idebenone.

SAW PALMETTO

- Saw Palmetto's popularity has grown greatly in the last decade with those looking to improve their health.
- The most common usage for this powerful plant is for conditions related to the male prostate gland.
- This includes conditions such as (BPH) or Benign Prostate Hypertrophy.
- Saw Palmetto helps prevent the conversion of Testosterone through the 5-alpha reductase enzyme to Dihydrotestosterone (DHT).
- DHT is what is responsible for the cell replication in the prostate which then leads to its increase in size.
- How does this relate to the Powerlifter who is using steroids?
- It is well known that when you are using a form of Testosterone through injection some of it can aromatize into DHT.
- So, if someone who never took anabolics, may down the road as they age suffer from BPH, what does that say about someone who may have used pharmaceuticals for 10-20 years?

- This means that you are at a greater chance of having prostate conditions like BPH if you are using androgens that can convert to DHT.
- It also has many benefits for the bladder including improved urinary flow.
- It is known to decrease bladder inflammation, one of the causes of frequent night time urination.
- Saw Palmetto has too many other benefits to mention here, but it is no doubt a great addition to this health stack.

NETTLE ROOT

- Nettle Root is also known as Urtica Dioica and has become very popular.
- It is known to have positive effects for those that suffer from BPH.
- The combination of the Saw Palmetto and Nettle Root together is a very potent formula to deal with prostate issues.
- Nettle Root's unique chemical structure can delay the cells of the prostate to hypertrophy by affecting specific enzymes that relate to this condition.
- Another major benefit to Nettle Root is the fact that it reduces your blood level of SBHG, Steroid Binding Hormone Globulin.
- What makes Nettle Root so important is the fact that SBHG binds to the hormone Testosterone that is present in your blood stream and inactivates it.
- This means less of the Testosterone

your body makes or if you go the pharmaceutical route, the less you administer, will be free and usable to produce muscle growth and strength increases.

- This should make both the drug free Powerlifter as well as the enhanced lifter take note since you always want to maximize your Free Floating Testosterone level. Once it is bound with SBHG it is useless for a strength athlete.

RED YEAST RICE

- I wrote about Red Yeast Rice close to three years ago and I guess I was on the ball even back then!
- Red Yeast Rice (RYR) is known for its many benefits to the cardiovascular system.
- It has been shown to lower Total cholesterol levels, lower your LDL or bad cholesterol and increase your HDL or good cholesterol.
- It has also been shown to help lower Triglycerides levels and this is a common problem in Powerlifters.
- Since RYR attacks all four of these angles you can see that it can have a very positive effect on your total cardiovascular health.
- RYR acts very similarly to Statin based cholesterol drugs so you should not mix the two together at any time.

PRODUCT BREAKDOWN

With all those ingredients you may be thinking you'll need to suck back 30 different tablets a day. If you were taking all these ingredients separately you most likely would have to do that. With Cycle Support, all you need to do is take 1 scoop first thing in the morning and another scoop in the evening. You can actually just throw it in with your morning and evening protein shakes. If that is not convenient then I don't know what is. Let's take a look at what two daily servings provide you with.

Cycle Support: 2 - Daily servings Provide the Following:

Red Yeast Rice 1200 mg
Silymarin 1000 mg (Milk Thistle extract)
NAC 1200 mg
Hawthorn Berry 1000 mg
Saw Palmetto 300 mg
Policosanol 20 mg
Celery Seed Extract 150 mg
Nettle Root 250 mg
Idebenone 100 mg

CONCLUSION

The complex formulation in Cycle Support is top of the line when looking to protect yourself from side effects related to pharmaceutical enhancement. All Powerlifters could benefit from Cycle Support even if they are drug free. This is due to the fact that many of the health conditions it protects you from are commonly seen among lifters, even those who are lifetime drug free. The main

thing is to take responsibility for your long term health and well being. This is the take home point here. As I have preached before, it is best to focus on preventative medicine rather than trying to figure out what to do when a major health concern has hit you like a hurricane. You all love Powerlifting so much, and it is important that you can enjoy it into your master years of competition. The single most positive thing you can do to improve your total is to keep your body healthy. Without your body working healthy, your total will not go anywhere. Take it from me, if you are using pharmaceuticals, make sure that you have a game plan not only for that 2400 pound total but also for your "total" health from every angle. You only live once - so play hard, but play smart!

If you have any questions feel free to write me at:
Aricciuto@NutritionXP3.com

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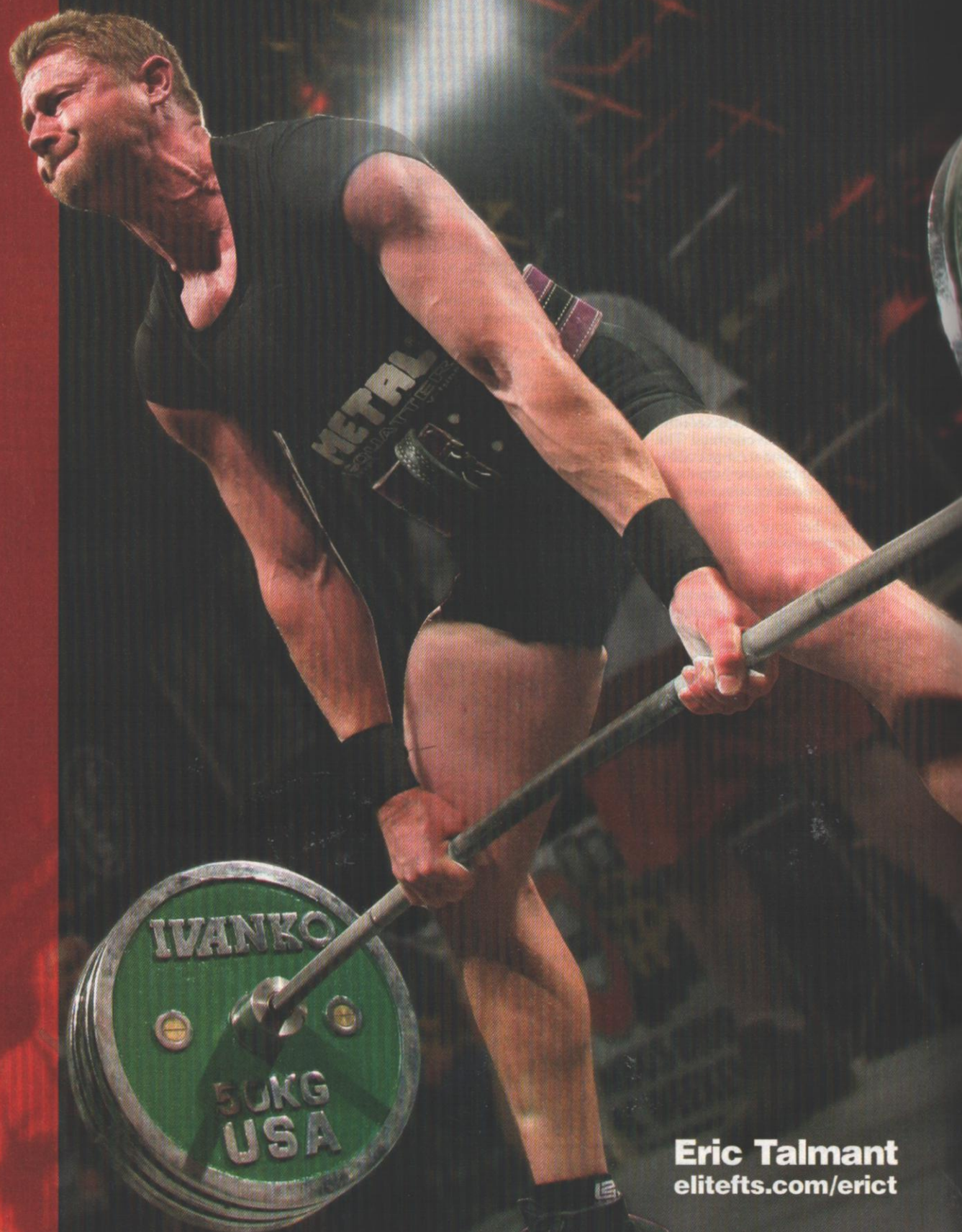
For those looking to incorporate Cycle Support into their supplement plan go to:
www.CustomNutritionWarehouse.com



What started out as a memorial meet for a childhood friend, killed in Viet Nam, has grown into the Vernon Hollified AAU All South Bench Press Championships, with the theme of the event being a "Tribute to our Vietnam Veterans". All branches of the U.S. military are involved and will contribute men and materials to make this event successful. The host city of Easley, SC has declared meet day, Dec. 1st, to be an "Official Day of Tribute to our Vietnam Veterans". For further information, contact Meet Director Eddie Burnett, ebb2@charter.net.



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The bench shirt that's storming the globe! The Rage is the superior bench shirt of the round-sleeve type shirts, and provided at an unbeatable price for this genre of bench press shirt! Bench more with The Rage than in any other round-sleeve, guaranteed!



- The **Round-Sleeve™** design is very user-friendly because it accommodates many benching styles.
- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.
- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.
- **SOLID SEAM™** technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

RAGE X

A step above the shirt that's all The Rage in powerlifting. The RageX is the sensational shirt that's helping powerlifters sweep the earth with massive bench presses. The RageX is a step above all round-sleeve bench shirts in clear Quality and Effectiveness. The RageX is the most amazing poly bench shirt in the history of the game.



- **Extra Reinforced** front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.
- The combination of several new contours built into the pattern complement the already super RageX system.
- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.
- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.
- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.
- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.
- **Guaranteed.** Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

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The World Leader in Powerlifting Apparel

PHENOM

The *Phenom* is an extreme top-end bench shirt that will provide you with phenomenal bench press performance, features and power. Guaranteed beyond any other. Made from the legendary *HardCore* material. The only technology of this kind, the *Phenom* will provide you with incredible power off the chest through the mid and top range of motion and it will keep this power; lift after lift, competition after competition.



- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.
- Spreads the stress over a wider area of the chest.
- Made from the exclusive *HardCore* material which will provide you with the most incredible rebound power available in the powerlifting world. *HardCore* material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.
- Since the *Phenom* is made from the *HardCore* material, you will also experience many more performance benefits. The *Phenom* will keep it's memory and will not stretch out. You will be able to use the *Phenom* for countless workouts and competitions in the future. It's a true investment in powerlifting gear.
- The material of the *Phenom* has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

RADICAL DENIM

Extreme performance technology makes the *Radical Denim* the choice of most all the world record breakers who wear a denim shirt. The heaviest construction available for the maximum in benching prowess. The *Radical Denim* will provide you with the top end denim experience.



- The *Radical Denim* is the most extreme bench pressing experience for top level benching.
- Made from heavy quality denim that will withstand the pressure from the heaviest poundages.
- Proven in countless world record-breaking bench press performances.
- Choice of Partial Open Back, Closed Back, Complete Open Back. With or without Velcro.

ULTIMATE DENIM

- The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!
- The *Ultimate Denim* has virtually no stretch to it and works best for lifters with a beefier upper body.

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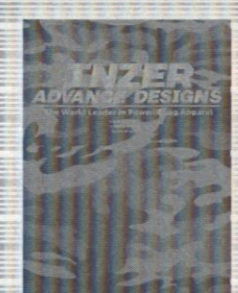
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Inzer Advance Designs Logo T-Shirts
This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, california blue, yellow haze, yellow misty green, jade, kelly green, forest green, khaki, canvas heather, oxford, natural, white, stars and stripes, pink, orange, maroon, red, and black.



Camo T-shirts
Inzer Camo T-shirts are available in: red camo, green camo, blue camo, and yellow camo.



Tank Tops
Quality summer weight Tank Top with two color logo Comes in either 50/50 poly/cotton or 100% cotton fabric depending on inventory. Available in white, black, navy blue, royal blue, and red.



Warm Up Pullover Crewneck
Keep warm in Supersweats Crewneck with embroidered two-color Inzer logo.



Warm Up Pants
This comfortable warm up pant with front pockets features leg-length, two-color Inzer logo on each pant leg.



Hoodie
Supersweats Pullover Hoodie with embroidered two-color Inzer logo chases away the chills.



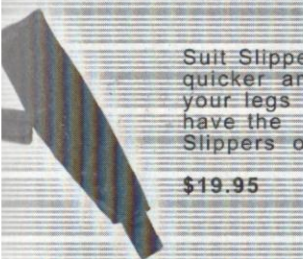
Jersey Knit Short
50% polyester/50% cotton jersey knit, elastic waistband, six-inch inseam. Large two-color Inzer logos.



Beanies
Embroidered with two-color Inzer logo, available in black, grey, and red.



Gym Bag
This large deluxe embroidered gym duffel is easy to look at! Inzer logos and "Strongest Sport, Powerlifting" design. Large main compartment and roomy pockets on each end. Heavy nylon. Great value. 29" X 13" X 12"



Suit Slippers
Suit Slippers will help you get your suit up quicker and easier. Pull Suit Slippers on your legs then slide the suit on. After you have the legs of the suit up, pull the Suit Slippers out from underneath the suit.



Fitting Gloves
Save your fingers when handling and fitting gear on workout partners or yourself! The Atlas Fitting Gloves also work great in strongman events!



Stickum Spray
Use this excellent tool for a variety of performance tweaks in training and competition.



Gym Chalk
Essential for workouts and competitions, magnesium of carbonate block chalk.



Elbow Sleeves XT
The high tech Elbow Sleeves XT have multiple applications to enhance the performance and pleasure of competing and training for any athlete.



Knee Sleeves XT
The high tech knee support advantage for strongman competitors and other athletes.



Meshback Lifting Gloves
Quality, standard leather workout gloves. Power-Surge.



Power-Surge Red Line Wrist Wraps
Power-Surge, Double Red Line Competition Wrist Wraps. Convenient wrist-cuff design. Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.



Power-Surge Red Line Knee Wraps
Power-Surge Double Red Line Competition Knee Wraps. Extra thick. Strong support. Easy to wrap to full tightness. Comfortable.



Form-Foam Lifting Gloves
Custom gripping power and supreme stability control. Power-Surge.



Iron Wrist Wraps Z
The super powerful Iron Wrist Wraps Z deliver the most supreme support of all wrist wraps.



Iron Wraps Z
The most powerful, most popular, most effective knee wrap in the world!



Forever Lever Belt 13MM
The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible.



Forever Buckle Belt 13MM
The firmest, best belt in the world with unmatched buckle strength. Available in one or two prong zinc plated steel, seamless roller buckle.



PR Belt
A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it.



Forever Lever Belt 10MM
All the manufacturing quality and Lever Belt action in a pliable 10mm thickness.



Forever Buckle Belt 10MM
Forever Belt quality in the 10mm choice. Available in one or two prong precision buckle.



Power Belt Quality Economy
Normally sold at much higher prices by others, this quality power belt will provide years of great use at an unbeatable price.



Max DL
The incredible propulsion of MAX DL will give you the explosive starts and super strong lockouts you need for extreme performance deadlifting.



Lifting Singlet
Classic design lifting singlet sports several finishing touches that make this singlet a pleasure to wear as minimum required attire over your bench shirt or for workouts.



Z-Suit
The legendary Z Suit provides fantastic support and excellent value. Now updated for even more power.



Champion Suit
Champion Suit has proven itself in countless competitions and world records over time. Enjoy the incredible support of Champion suit at an unbeatable price and value.



The Pillar
The Pillar will increase the poundage you can lift through several key designs built in. Feel the super support and power on your feet and in your lifting with this outstanding power shoe.



Standard Blast Shirt
Based on the original, legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt. Unbeatable value and price.



High Performance HD Blast
Steps above in Radical™ technology, the HPHD will enter you into the world of the more extreme designs. Made from quality, HD™ polyester material.



Heavy Duty Erector Shirt
HD Erector provides firmness with the right amount of rebound to help you achieve explosive deadlifts and stable, upright squats. When used properly it's like lifting with an extra erector muscle.



Heavy Duty Groove Briefs
Made from the Heavy Duty material to give you heavy support in your quest for bigger lifts.

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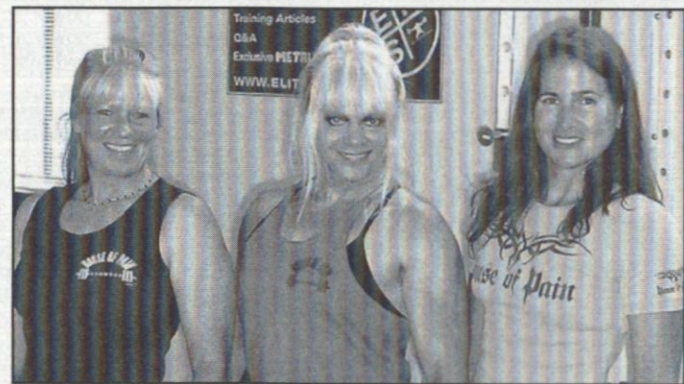
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"Sit down class, it's time for our history lesson."

HARD CORE GYM #66

History, Crossbreeding, and Getting High High Peaks Barbell by Rick Brewer



Anita Ramsey (center) with two of the girls she is training at her gym.

About 11 years ago, when the Arnold Classic was a much smaller Ohio event in a different building—a small company named HOUSE OF PAIN was there. Me (Rick) and Ed came from Texas—and a female bodybuilder named Anita "Rammer" Ramsey joined us to work the HOP booth. Her husband Curtis Schultz knew of us from powerlifting circles—so he tagged along to help HOP as well. We learned a few things at that show—for one thing—we learned that most guys who come talk to pretty girls in the booth have zero value as HOP customers. These guys talk, they flirt, they lie—but they don't unroll their wad of cash! We learned that it often snows in Ohio in March (shocker to us Texas boys!), and we found places

to eat and work out. It was our kindergarten Arnold experience... My, how the worm has twisted since that simple start.

While HOUSE OF PAIN has been growing, Anita and Curtis have been busy as well. Anita was our first BB model, and so we naturally kept up with them; as Curtis coached, as they printed a football newsletter in Florida, as they moved around, and YES—Anita has finally seen the light! She traded her Posing Trunks for a Singlet and BP Shirt!! She is no longer a bodybuilder; she is now a competitive powerlifter—or at least a lifter with a very strong BP. Recently, they moved to a mountain range, and they started a gym in Eagle Nest, NM—with another gym on the way, right down the road in Angel Fire, NM.

I've been talking to her about High Peaks Barbell Club (and about her BP shirt) by email, but I got to hug her neck in person the other day! We caught up with Curtis & Anita at the big Europa Show in Texas (hats off to Ed & Betty Pariso for a great job combining Powerlifting—with oddball feats of strength—and bodybuilding—and even a Strongest Man competition!). Here are the latest details on their first NM gym, and info on why they want another gym right down the road. Anita can tell you most of it:

We understand that a gym should be a gym, and that the people that run a gym should know the industry. And though we welcome everybody, we readily admit that we are not for everybody. High Peaks Barbell Club is dedicated to promoting muscle. When a college strength coach, football coach and powerlifter marries an NPC National level bodybuilder who competes in sanctioned bench press meets—you have A PAIR OF GYM OWNERS THAT KNOW THE INDUSTRY. (*RB note: this talk of crossbreeding results reminds me of a comment I heard as Becca Swanson & Gary Frank were eating lunch at a powerlifting meet in Omaha, NE a few years back—someone said "If they had a kid it would be a MONSTER!" They made this observation with the utmost respect and admiration, and I had to agree!)

After only a few months (since opening the doors of this gym) we have begun construction of phase two in Angel Fire, New Mexico a few miles down the road. (*RB note: I asked Anita about this bizarre idea of starting Gym #2 only 11 or 12 miles away from Gym #1, and she explained that snow makes the mountain roads impassable for much of the winter—so the other location will help lifters avoid missed workouts! This is evidence of the

way they cater to serious lifters. Cool by me.)

When Curtis and I met I was still competing in bodybuilding. Oh yeah, my name is Anita Ramsey. My face and my name is still in many bodybuilding magazines like MuscleMag International, Ironman, Muscular Development, FLEX, NPC News, Body's magazine (Italian publication), B&K Sport (Swedish Publication), Women's Physique World, Oxygen, Powerhouse magazine, Body Talk, Natural Bodybuilding & Fitness magazine, Great Lakes Fitness Guide, and many more. I was a competitive bodybuilder for over a decade. My first contest was a victory at the 1988 NPC Boulder B.B. championships. My biggest victory in the sport was winning the 1998 NPC Southern States Heavyweights and Overall. The Southern States is one of the Top NPC regional shows

here in the US. After winning the Southern States, I went on to post my best placing ever in an International show with a 3rd place in the heavyweights at the 98' IFBB North American. I am a published author. My work has appeared in Oxygen, Ironman magazine, MuscleMag International, NPC News, Body Talk (supplement industry magazine), and I am column editor (Muscle Update) as well as an article writer for Bodybuilding.com. (*RB note: she's a busy girl!!)

Then I retired from the stage for a while and pursued training for powerlifting and sanctioned bench press meets. (*RB note: YEAH!! Fireworks!!) How'd this happen? My husband is Curtis Schultz; it's his fault. Gym Co-Owner Curtis Schultz is my husband—he was a collegiate strength coach, football coach and competitive powerlifter. But we both had a long-time dream of owning our own gym. We always wanted to offer a place for the hardcore, extreme athletes and the general public. Yes, Chalk is allowed and encouraged. We've found a great spot to lift, tucked in the high desert mountains of New Mexico. Our logo tag say's it all; "Train High @ 8,200 ft." And we're

(continued on page 96)

We get a lot of interesting comments on my Hard Core Gym articles! They come from lifters around the world, and they range from praise to complaints—and often include wacky stuff that I should probably turn over to the police. But wait, maybe I should share some of the comments with y'all before we delete them!

Hey Rick: I'm a longtime fan of your PL USA articles, you are definitely one of the most intelligent and interesting contributors to the Iron Game. While I lament no new Dr. Ken articles, your part time role as a strength scribe is welcome.

Two questions. One, I

reside in the St. Louis area, and was wondering what was up with the "covert gym" you wrote on a while back. Were you spoofing Eagle's Gym, of Willie Wessels fame (never been there, know of it though). I myself train in South City. Just wondering...

Two, on your HOP web page, in the picture gallery of lifter fans, there are a few shots of one of the more striking teutonic iron maidens I've seen in some time, going only by the moniker of Gunda, a 148 lb. powerlifter from Germany. Wowie zowie (and no 5 o'clock shadow). The problem is I've tried internet searches and my back issues of PL USA to find out about her, but no go, nada. Do you know anything such as competition

history, stats, whatever. There must be some magic in that ole Rhine River, cause there have been many uber babes to come from there over the years (think Langer, Schreiner, etc.) Thanks man, Peace, Alex

Hey Alex, flattery will get you EVERYWHERE. Do you think the idiots who hang with our fave bald chick Brittney are selected for their intelligence? NO. They are with her because they feed her ego! Do you think South Carolina beauty contestants are chosen for their brain power? Obviously NOT. So YOU WIN the email flattery game!

A) Yes, we all miss Dr. Ken and hearing about the crazy Iron Island antics!!

B) On the Covert Gym, I was not spoofing Eagle's Gym; although I would be glad to write about it. Willie Wessels is a friend, and a great guy! (Please send info.) The Covert Gym was a real place, with real criminal lifters—but I've heard that it moved and went farther underground...

C) Gunda is a great German lifter, who trains and travels with one of our German HOP Distributors Markus Schick. Markus is easily the strongest powerlifting short guy I know!! We agree with you; there must be a magic potion running through the Rhine River water, and I want some! Later,

Rick@houseofpain.com

STARTIN' OUT

BICEPS 4 POWER

as told to PLUSA by Doug Daniels

When you mention biceps, the average lifter thinks of bodybuilders flexing away on stage in their little briefs. Isn't this a powerlifting magazine? Yes, but bicep power is very important to success in powerlifting. I remember a great article many years ago by Dr. Terry Todd and Paul Anderson in Bob Hoffman's MUSCULAR DEVELOPMENT magazine. These powerlifting greats were supporters of the role of bicep power for the bench press. Look at the top benchers today and you'll see biceps that would make Governor Arnold take notice. Though biceps are not directly involved in powerlifting, they serve as stabilizers in the bench and lend indirect benefits to the squat and deadlift as well. Strong biceps also balance out arm strength with powerlifters' tricep power which can reduce the chance of injury. In this article I'll give some guidelines on how to get best results. Let's start off with an explanation of the function of the biceps.

The biceps (the bi means two) consist of two heads; the function of one head is to bend the elbow and other's is to supinate or rotate the hand from a palms-down position to a palms-up position. The bicep makes up approximately 1/3 of the muscle mass of the upper arm. To more fully develop your biceps, you need to work each aspect or head. To do this, you must use two different types of biceps exercises.

To develop the elbow-bending bicep head, the solution is the basic curl. Unfortunately, out of all the weight exercises ever known to mankind, curls are the most often incorrectly performed. Where do I start? To begin, most lifters do not fully extend and contract the muscle while performing curls. They are in essence performing a cheating partial curl, and are getting partial results at best. Not fully extending and contracting shortens the distance of the weight, enabling them to use more weight. Again I will sound like a skipping CD; the judges do not care how much you can curl. What should matter are the gains to your powerlifts you can accrue through bicep training. Other cheating methods are swinging, almost power cleaning the bar up and dropping the weight to the starting position. Swinging the bar results in more work being done by your back and legs than biceps. Combine swinging with shortening the range of movement and your results will not be what you have hoped. This kind of training not only adds up to a big waste of time and energy, but the ballistic movement of the bar increases your chance of injury.

The supination or rotating function of the biceps is best worked with dumbbells or pulley machines as these allow each arm to curl on its own. The same guidelines apply to these as they did to regular curls. Keep your elbows locked at your sides and

don't allow them to drift back or up. The best supinating exercise is the alternate dumbbell or pulley curl. Begin with arms at your sides with palms facing back. Simultaneously rotate one hand to the palms up position while curling the weight up. It's key to gradually rotate the hand; don't complete the rotation at the bottom part of the curl. At the top, twist the pinkie side of your hand inwards to further contract the bicep. On the way down, reverse the movement but take about twice as long to lower as it did to curl the weight up. While one arm is going up, the other arm should be going down. The other option is to do a full rep with one arm and then do the other. Don't swing or drop the weight. I can't over emphasize the importance of lowering the weight slowly and under control. This adds negative resistance; making each rep more effective. Allowing the weight free-fall down uses one half of the exercise; make each full rep count.

The hammer curl is a standard with many powerlifters. A hammer curl is performed with dumbbells with the hands positioned with the palms inward, just like you were striking a nail with a hammer. The logic behind the hammer curl is because the biceps are in this position during the bench, curl in this position for power. This logic is flawed as the hammer style limits the effectiveness of the curl due to restricting the motion of the exercise. I strongly suggest the aforementioned supinating curl instead. This style works all aspects of the biceps. Leave hammers to Bob Villa and Thor.

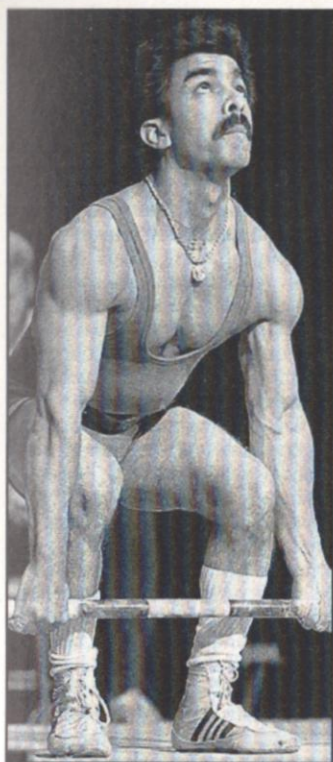
Curling with dumbbells offers a great advantage. Each arm must curl half the weight, thus getting an equal share of the load. When using a barbell the stronger arm may lift more than its share, which further compounds strength imbalances. If you have such a strength imbalance, I suggest stopping the set when the weaker arm fails. Eventually, unless you have a nerve problem, both sides will even up. If this continues to be a problem, see a good sports doctor.

The effectiveness of curls can be easily enhanced by changing a few simple, but critical aspects of its execution. First, decrease the weight you use if you are using sloppy exercise style. Keep your elbows locked to your sides while curling. If your elbows drift out and/or back, this will shorten the range of movement and add other muscles in moving the weight like the delts and traps. You want to limit the involvement of other muscle groups to a minimum. Machines, such as Eagle and Hammer (not the curl), have an advantage over free weight because they provide resistance throughout the entire range of movement, which is very difficult to do with a barbell or dumbbell. The fixed motion of machines also limits cheating. But the effectiveness of machines can be reduced by not lowering all the way down or curling fully to the top. Remember full extension and contraction no matter what exercise or apparatus you choose.

Work your biceps three to eight sets, twice per week. The reps are up to you. My suggestion is to try regular curls with a bar, dumbbells or machine one day a week. On the second day, try alternate supinating curls with dumbbells or pulleys. Always keep in mind, bicep exercises are like other assistance work; the weight you use does not matter when meet day arrives. The purpose of assistance work is result in higher competitive lifts. No one at a contest cares how much you can cheat curl. In addition to lifting more, no one ever minded a more impressive looking set of arms. Curling correctly can make a big difference in your powerlifting results.



The Legendary Pat Casey utilized heavy dumbbell curls to help him become the first powerlifter in history to bench press over 600 lbs.



Joe Catalfamo... out of New Jersey



Ernesto Milian... focused ferocity.

ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 114 Pound (52 Kilogram) Weight Division -- Deadlifters

Rank	Deadlift	X-Bwt	Male American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	518.1 (235.0)	*4.54X	Erwin Gainer/66 7/9/04 (235.0 kg. @ 51.72 kg.) (Baton Rouge, LA) (USAPL/IPF)
2.	512.6 (232.5)	4.47X	Brandon Green/72 7/12/97 (232.5 kg.) (Philadelphia, Pennsylvania) (USPF/IPF)
3.	507.1 (230.0)	4.42X	Roger Thompson 7/26/97 (230.0 kg.) (Chicago, Illinois) (USAPL/IPF)
4.	490.5 (222.5)	4.28X	Phil Hile/67-05 7/29/94 (222.5 kg.) (Houston, Texas) (USPF/IPF)
5.	490.5 (222.5)	4.28X	Damarrio "Doc" Holloway/80 4/13/02 (222.5 kg.) (Killeen, Texas) (USAPL)
6.	490.5 (222.5)	*4.31X	Jeremy Scruggs/83 5/31/03 (222.5 kg. @ 51.66 kg.) (Baton Rouge, LA) (USAPL/IPF)
7.	485.0 (220.0)	4.23X	John Redding/43 2/17/80 (485.0 lb.) (Nashua, New Hampshire) (USPF)
8.	485.0 (220.0)	4.23X	Miguel Castro 6/21/80 (485.0 lb.) (Kenosha, Wisconsin) (USPF)
9.	485.0 (220.0)	4.23X	Viet Tran/76 3/28/92 (485.0 lb.) (Omaha, Nebraska) (NSM)
10.	474.0 (215.0)	*4.20X	Gerald Snyder 3/23/85 (215.0 kg. @ 51.2 kg.) (West Point, New York) (USPF)
11.	468.5 (212.5)	4.09X	Clarence Fielder 7/7/90 (212.5 kg.) (Hollywood, Florida) (USPF)
12.	468.5 (212.5)	4.09X	Doan Nguyen/64 6/6/92 (212.5 kg.) (Fridley, Minnesota) (ADFFPA)
13.	465.0 (210.9)	*4.10X	Ken Snell/59 4/2/00 (465.0 lb. @ 113.5 lb.) (Lakeland, Florida) (USAPL)
14.	463.0 (210.0)	*4.04X	Ernesto Milian/47 5/15/05 (210.0 kg. @ 52.0 kg.) (Round Rock, Texas) (APF)
15.	460.0 (208.7)	4.01X	Norb Paterniti 3/27/82 (460.0 lb.) (Erie, Pennsylvania) (USPF)
16.	457.5 (207.5)	*4.04X	Doug Heath/55 1/9/82 (207.5 kg. @ 113.25 lb.) (Columbus, Ohio) (USPF/IPF)
17.	455.0 (206.4)	3.97X	Anthony Carver 3/18/95 (455.0 lb.) (Rapid City, South Dakota) (ADFFPA)
18.	451.9 (205.0)	*4.01X	Bobby Sanders 7/11/81 (205.0 kg. @ 51.1 kg.) (Corpus Christi, Texas) (USPF)
19.	451.9 (205.0)	*3.95X	Fred Toins/65 8/1/81 (205.0 kg. @ 51.9 kg.) (North Little Rock, AR) (USPF)
20.	451.9 (205.0)	*3.98X	Chuck Mooney 6/4/83 (205.0 kg. @ 51.5 kg.) (Charlottesville, Virginia) (USPF)
21.	451.9 (205.0)	3.94X	Steve Snyder/62 4/19/98 (205.0 kg.) (Wilkes-Barre, Pennsylvania) (USAPL)
22.	450.0 (204.1)	3.93X	Kelvin Palmer 1994 (450.0 lb.) (Texas State Championships) (THSPA)
23.	446.4 (202.5)	3.89X	Richard Brightwell/65 6/6/87 (202.5 kg.) (Kansas City, Missouri) (USPF)
24.	446.4 (202.5)	3.89X	Bobby Adams 11/5/88 (202.5 kg.) (Houston, Texas) (USPF)
25.	446.4 (202.5)	3.89X	Henry Garcia/64 11/21/91 (202.5 kg.) (Las Vegas, Nevada) (APF/WPC)
26.	446.4 (202.5)	3.89X	Keith Borque/63 6/6/92 (202.5 kg.) (Fridley, Minnesota) (ADFFPA)
27.	440.9 (200.0)	3.85X	Allen Young 8/21/82 (200.0 kg.) (North Little Rock, Arkansas) (USPF)
28.	440.9 (200.0)	*3.86X	Joe Catalfamo/63 3/24/84 (200.0 kg. @ 51.8 kg.) (Villanova, PA) (USPF)
29.	440.9 (200.0)	3.85X	Thoung Nguyen 4/12/97 (200.0 kg.) (Austin, Texas) (USPF)
30.	440.9 (200.0)	*3.85X	Rob Leoni/66 8/1/04 (200.0 kg. @ 52.0 kg.) (Lincolnwood, IL) (AAPF/AWPC)
31.	440.9 (200.0)	*3.98X	Chris Sonnier/88 4/13/07 (200.0 kg. @ 50.2 kg.) (Monroe, LA) (AAPF/AWPC)
32.	440.0 (199.6)	3.84X	Thomas Kusick/51 6/16/79 (440.0 lb.) (Longmont, Colorado) (AAU)
33.	435.4 (197.5)	*3.87X	Larry Stoudt 6/5/82 (197.5 kg. @ 51.0 kg.) (Portland, Oregon) (USPF)
34.	435.4 (197.5)	3.80X	Roosevelt Thomas 2/17/88 (197.5 kg.) (El Torra, California) (USPF)
35.	435.4 (197.5)	3.80X	Jesse Vera 4/14/90 (197.5 kg.) (Santa Rosa, California) (ADFFPA)
36.	435.4 (197.5)	3.80X	Derek Sameda 8/19/95 (197.5 kg.) (Santa Ana, California) (USPF)
37.	435.4 (197.5)	3.80X	William Jackson 10/28/95 (197.5 kg.) (Sussex, England) (ADFFPA/WDFPF)
38.	435.4 (197.5)	3.80X	Alan Whigham/75 8/24/96 (197.5 kg.) (Chicago, Illinois) (ADFFPA/WDFPF)
39.	435.0 (197.3)	3.79X	Mike Ellis 4/4/81 (435.0 lb.) (Prineville, Oregon) (NSM)
40.	435.0 (197.3)	3.79X	R. Morris 3/20/85 (435.0 lb.) (Dwight, Illinois) (FCI)
41.	435.0 (197.3)	3.79X	John Sabella 11/26/88 (435.0 lb.) (Sparta, New Jersey) (ADFFPA)
42.	435.0 (197.3)	3.79X	J. Delacerta 3/12/94 (435.0 lb.) (Beaumont, Texas) (THSPA)
43.	430.0 (195.0)	3.75X	Ron Jones 4/87 (430.0 lb.) (Dallas, Texas) (THSPA)
44.	430.0 (195.0)	3.75X	Chad Ikei/71 11/18/89 (430.0 lb.) (Honolulu, Hawaii) (USPF)
45.	430.0 (195.0)	*3.78X	Logan Houston 3/23/02 (430.0 lb. @ 113.9 lb.) (Fort Worth, Texas) (THSPA)
46.	430.0 (195.0)	*3.81X	Calderon 5/1/04 (430.0 lb. @ 51.15 kg.) (Sullivan, New York) (NSM)
47.	429.9 (195.0)	3.75X	Joe Schmidt 7/5/86 (195.0 kg.) (Chicago, Illinois) (USPF/IPF)
48.	429.9 (195.0)	3.75X	M. Howard 5/7/88 (195.0 kg.) (Frankfort, Germany) (USPF)
49.	429.9 (195.0)	3.75X	George Jackson 11/14/02 (195.0 kg.) (Reno, Nevada) (WABDL)
50.	425.0 (192.8)	3.71X	Chuck Dunbar/57 3/31/84 (425.0 lb.) (Marietta, Georgia) (USPF)

(*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.



Doug Heath, always entertaining, started out competing in the 114s



Roger Thompson ... still a great.



Doan Nguyen .. an ADFFPA star.

ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 97 Pound (44 Kilogram) Weight Division -- Deadlifters

Rank	Deadlift	X-Bwt	Female American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	363.8 (165.0)	*3.77X	Nancy Belliveau/53 6/1/85 (165.0 kg. @ 43.8 kg.) (Vienna, Austria) (USPF/IPF)
2.	358.3 (162.5)	3.69X	Shirley Scheffler/59 5/7/94 (162.5 kg.) (Chicago, Illinois) (ADFFPA)
3.	347.2 (157.5)	*3.60X	Elizabeth "Ann" Leverett/54 6/26/96 (157.5 kg. @ 43.8 kg.) (Kitch, CAN) (USPF/IPF)
4.	345.0 (156.5)	*3.56X	Carol Patterson/57 3/3/84 (345.0 lb. @ 97.0 lb.) (Redmond, Washington) (USPF)
5.	338.4 (153.5)	*3.52X	Sue Strezze-Benford 11/21/91 (153.5 kg. @ 43.6 kg.) (Las Vegas, NV) (APF/WPC)
6.	336.2 (152.5)	3.47X	Imelda Fowler 10/10/92 (152.5 kg.) (San Luis Obispo, California) (USPF)
7.	325.2 (147.5)	*3.37X	Cheryl Anderson/75 5/27/06 (147.5 kg. @ 96.6 lb.) (Minneapolis, MN) (WABDL)
8.	319.7 (145.0)	3.30X	Judith Gedney/40 6/25/88 (145.0 kg.) (Reading, England) (ADFFPA/WDFPF)
9.	315.0 (142.9)	3.25X	Elaine "Scraps" Kunkle-Grimwood/70 10/20/01 (315.0 lb.) (LAN, PA) (APA/WPA)
10.	315.0 (142.9)	*3.27X	Ashley Hudson-Robbins/77 10/26/02 (315.0 lb. @ 96.2 lb.) (Gonzales, LA) (USAPL)
11.	314.2 (142.5)	3.24X	Gina/Ginger Lord 1/30/82 (142.5 kg.) (Nashua, New Hampshire) (USPF)
12.	314.2 (142.5)	*3.30X	Cheryl Jones/51 1/26/85 (142.5 kg. @ 43.2 kg.) (Boston, Massachusetts) (USPF)
13.	310.0 (140.6)	*3.20X	Delcy Palk 3/1/86 (310.0 lb. @ 97.0 lb.) (Tempe, Arizona) (ADFFPA)
14.	308.6 (140.0)	*3.24X	Stephanie McMillian/79 3/27/99 (140.0 kg. @ 43.2 kg.) (Fort Wayne, IN) (USAPL)
15.	304.2 (138.0)	*3.14X	Barb Sieps/67 4/2/05 (138.0 kg. @ 97.0 lb.) (Omaha, Nebraska) (APF)
16.	303.1 (137.5)	3.13X	Barb Wedding 5/3/81 (137.5 kg. @ 97.0 lb.) (Cleveland, Ohio) (USPF)
17.	303.1 (137.5)	*3.13X	Diana Rowell/57 2/20/82 (137.5 kg. @ 43.9 kg.) (Auburn, Alabama) (USPF)
18.	303.1 (137.5)	3.13X	Marianne Del Castillo 7/14/89 (137.5 kg.) (Las Vegas, Nevada) (USPF/IPF)
19.	303.1 (137.5)	3.13X	Zindy Coss/68 2/27/99 (137.5 kg.) (Lincoln, Nebraska) (USAPL/IPF)
20.	303.1 (137.5)	*3.15X	Erin Dickey/84 7/7/06 (137.5 kg. @ 43.6 kg.) (Miami, Florida) (USAPL/IPF)
21.	300.0 (136.1)	3.09X	Pam Meister 12/4/77 (300.0 lb.)
22.	297.6 (135.0)	3.07X	Donna Malone-Vicker 5/11/81 (135.0 kg.) (Honolulu, Hawaii) (USPF/IPF)
23.	297.6 (135.0)	3.07X	Jamie Mock 10/16/82 (135.0 kg.) (Manhattan, Kansas) (USPF)
24.	297.6 (135.0)	3.07X	Griselle Ufret/65 5/7/94 (135.0 kg.) (Chicago, Illinois) (ADFFPA)
25.	297.6 (135.0)	3.07X	Barbara Talmadge 1/26/95 (135.0 kg.) (Oklahoma City, Oklahoma) (NASA)
26.	297.6 (135.0)	*3.14X	Nadine Cohen-Baker/57 11/17/99 (135.0 kg. @ 43.0 kg.) (CAL, AB, CAN) (APF/WPC)
27.	297.6 (135.0)	*3.10X	Cathy Solan/58 5/25/01 (135.0 kg. @ 43.6 kg.) (Frydek-Mistek, CSK) (USAPL/IPF)
28.	297.6 (135.0)	*3.09X	Tina Carder/84 1/31/04 (135.0 kg. @ 43.7 kg.) (Omaha, Nebraska) (USAPL/IPF)
29.	295.0 (133.8)	3.04X	Divia Hart 7/4/87 (295.0 lb.) (Lansing, Michigan) (USPF)
30.	292.1 (132.5)	*3.07X	Jeanna Pacyga 1/28/84 (132.5 kg. @ 43.1 kg.) (Austin, Texas) (USPF/IPF)
31.	292.1 (132.5)	3.01X	Andrea Parra 3/15/97 (132.5 kg.) (Chicago, Illinois) (ADFFPA)
32.	292.1 (132.5)	*3.04X	Caitlin Miller/90 1/31/04 (132.5 kg. @ 43.6 kg.) (Omaha, Nebraska) (USAPL/IPF)
33.	292.1 (132.5)	*3.01X	Alyssa Cordova/87 4/1/06 (132.5 kg. @ 44.0 kg.) (Omaha, Nebraska) (USAPL)
34.	290.0 (131.5)	2.99X	Carol Gasky 4/26/87 (290.0 lb.) (Charlotte, North Carolina) (USPF)
35.	290.0 (131.5)	*3.09X	Miesha Rawls 3/14/02 (290.0 lb. @ 93.8 lb.) (Fort Hood, Texas) (THSPA)
36.	290.0 (131.5)	*3.02X	Wanda Burnette/50 4/23/05 (290.0 lb. @ 96.0 lb.) (Charleston, SC) (APF)
37.	287.7 (130.5)	2.97X	Kim Jane Eggers 3/24/90 (130.5 kg.) (Blacksburg, Virginia) (ADFFPA)
38.	286.6 (130.0)	2.95X	Carol Solomon-Santandrea 5/3/80 (130.0 kg.) (Lowell, Massachusetts) (USPF/IPF)
39.	286.6 (130.0)	*2.99X	Gerri Ellingsworth 1/29/83 (130.0 kg. @ 43.5 kg.) (Chicago, Illinois) (USPF)
40.	286.6 (130.0)	*2.97X	Joan Fruth/54 1/29/83 (130.0 kg. @ 43.74 kg.) (Chicago, Illinois) (USPF)
41.	286.6 (130.0)	*3.05X	Lesia Thomas-Oliver 4/5/86 (130.0 kg. @ 94.0 lb.) (Boston, Massachusetts) (ADFFPA)
42.	286.6 (130.0)	2.95X	Maria Austin 1/30/88 (130.0 kg.) (Austin, Texas) (USPF)
43.	286.6 (130.0)	2.95X	Claudia Valdiviez 3/5/92 (130.0 kg.) (Oklahoma City, Oklahoma) (NASA)
44.	286.6 (130.0)	2.95X	Jennifer Prejan 3/16/02 (130.0 kg.) (Saint Louis, Missouri) (USAPL)
45.	286.6 (130.0)	*2.95X	Maria Pfister/84 2/16/07 (130.0 kg. @ 44.0 kg.) (Baton Rouge, LA) (USAPL/IPF)
46.	285.0 (129.3)	2.94X	Linda Barnes/49 5/11/96 (285.0 lb.) (Erie, Pennsylvania) (AAU)
47.	282.2 (128.0)	2.91X	Alexandra Valjejo 6/11/05 (128.0 kg.) (Rancho Cordova, California) (WABDL)
48.	281.1 (127.5)	2.90X	Jill Ganger 4/11/81 (127.5 kg.) (Buena Park, California) (USPF)
49.	281.1 (127.5)	2.90X	Pam Booth 4/30/83 (127.5 kg.) (Chillicothe, Ohio) (USPF)
50.	281.1 (127.5)	*2.90X	Cathy Chiraini 2/1/86 (127.5 kg. @ 44.0 kg.) (Salt Lake City, Utah) (USPF/IPF)

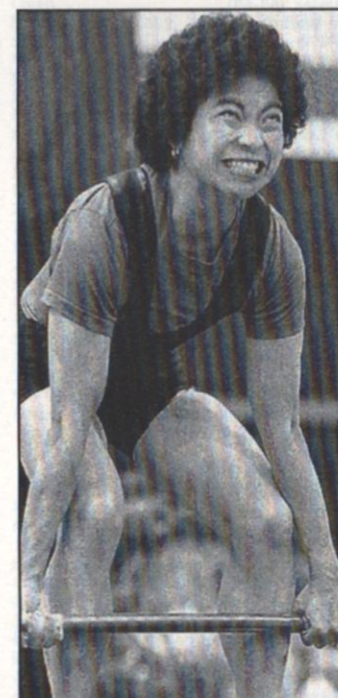
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Pam Meister turned her celebrity in powerlifting into an NBC Sportsworld commentator's gig.



Joan Fruth was the first women's world champion in the 97 class.



Shirley Scheffler ... police power



Nancy Belliveau, competing out of San Francisco, remains on top of the list after more than 20 years.



Donna, of the Powerlifting Malones, winning her world title

**100% Raw/AAU VT Summer
7 JUL 07 - Milton, VT**

BENCH Only	R. Robovich 358
FEMALE	DEADLIFT Only
100% Raw	FEMALE
165 lbs.	AAU
Master (50-54)	123 lbs.
J. Gardener 214	Lifetime Open
AAU	(45-49)Life
Raw	D. Kernoff 143
123 lbs.	181 lbs.
Open Life	Junior (20-23)
(45-49) Lifetime	Special Athlete
D. Kernoff 66	J. Aikey 185
165 lbs.	MALE
Master (50-54)	100% Raw
J. Gardener 214	132 lbs.
181 lbs.	Open
Junior (20-23)	D. Blake 270
Special Athlete	198 lbs.
J. Aikey 84	Master (40-44)
MALE	C. Peters 529
100% Raw	STRICT CURLS
123 lbs.	FEMALE
Master (50-54)	100% Raw
G. Taoka 203	123 lbs.
132 lbs.	Open/Master (45-49)
Open	D. Kernoff 44
D. Blake 132	MALE
148 lbs.	100% Raw
Master (40-44)	132 lbs.
T. Barrett 248	Open
165 lbs.	D. Blake 77
Submasters (35-39)	165 lbs.
S. Garten 29	Juniors
198 lbs.	C. Capsailus 141
Master (40-44)	Open/Master (45-49)
C. Peters 352	B. Kernoff 132
220 lbs.	198 lbs.
Open	Submasters (35-39)
K. Dulmer 418	P. Reynolds 132
242 lbs.	Master (40-44)
Open/Submasters	C. Peters 154
C. Mueller 418	Master (60-64)
308+ lbs.	D. Mansfield 132
Submaster	220 lbs.
R. Robovich 358	Master (50-54)
AAU	K. Mattson 165
165 lbs.	242 lbs.
Juniors	Open/Submasters
C. Capsailus 264	C. Mueller 203
220 lbs.	275 lbs.
Master (50-54)	Master (40-44)
K. Mattson 512	D. Driscoll 156
Raw	308+ lbs.
308+ lbs.	Submaster
Submaster	R. Robovich 181
Full Power	BP
SQ	DL
TOT	
FEMALE	
100% Raw	
123 lbs.	
Open/Master (45-49)	
D. Kernoff 88	66
143	297
AAU	
123 lbs.	
Open Life/(45-49) lifetime	
D. Kernoff 88	66
143	297
MALE	
100% Raw	
165 lbs.	
Junior (18-19)	
J. Lombard 330	176
99	606
Master (45-49)	
L. Vega 314	235
402	952
Master (45-49) Lifetime	
B. Kernoff 270264	366
900	
181 lbs.	
Teen (18-19)	
A. Thibault 325	292
435	1052



Joan Gardner benched 215 lbs.



Janelle Aikey celebrates a new national record in the bench press.

Junior 20-24				
J. Langevin 402	308	507	1218	
Open				
D. Markey 374	330	463	1168	
Open Lifetime				
J. Aikey 500	339	552	1392	
198 lbs.				
Master (60-64)				
D. Mansfield 463	237	463	1162	
242 lbs.				
Master (65-69)				
C. Wallin 380	225	505	1111	
275 lbs.				
Open/Master (40-44)				
D. Driscoll 562	352	573	1488	
308 lbs.				
Submasters (35-39)				
S. Chance 463	380	600	1444	
AAU				
165 lbs.				
Masters (45-49) Lifetime				
B. Kernoff 270	264	366	900	
181 lbs.				
Junior (20-24)				
J. Langevin 402	308	507	1218	
Open				
D. Markey 374	330	463	1168	
Open Lifetime				
J. Aikey 500	339	571	1410	
Master (40-44)				
C. Ploof 374	275	385	1036	
198 lbs.				
Master (60-64)				
D. Mansfield 463	237	463	1162	
275 lbs.				
Master (40-44)/Open				
D. Driscoll 562	352	573	1488	
308+ lbs.				
Open				
R. Deleon 650	418	600	1670	

Scheduled to be outdoors, the Vermont Summer Outdoor Powerlifting Championships were quickly moved inside when the rain began to fall that Saturday morning. Of the twenty seven lifters, three were woman who each in their own way showed the crowd of about 100 spectators why powerlifting is so special! The three women are Joan Gardner, Diana Kernoff, and Janelle Aikey. Joan, a Master (50-54) in the 165's, is a current world record holder in multiple federations with a personal best

before today of 208 on the bench. Diana, a Master (45-49) in the 123's just started training with her husband Bret back in March of this year. Janelle, a (20-24) Junior lifted in the special athlete division after training for only three months with her brother Jimi. Joan's goal for the meet was to bench 210 pounds raw. She vacillated all week with her decision to lift in the full power meet or just the bench. At weigh ins she made the decision to bench only. On Saturday morning, her opener was an easy 87.5 kg. On her second attempt she went for 95.5 kg, or 210.5 lbs. It went up easily! After conferencing with trusted team members, Joan went for 97.5 kg, or 215 lbs. on her third attempt and got it! Diana began her training in late March of 2007. When she started, she could not squat or bench the empty bar. However, she was able to pull the empty bar and collars for a couple of reps. Under the watchful eye of her husband, she made gains week after week. During the final two weeks, she tapered



Diana Kernoff with a new record.

using higher weights and decreasing reps. Competing in her first meet ever, she set 13 national records in the AAU and 100% RAW. Janelle has overcome numerous challenges to become a national record holder. Besides being born with Downs Syndrome, she had open heart surgery when she was 12 years old, and a spinal condition keeps her from squatting. But in the Bench and Deadlift she was able to set National records in each. The pictures of her celebrating her accomplishments tell a much clearer story than any word I can write. Overall, the meet was a tremendous success raising \$300 for a local family whose home was destroyed by a tragic fire several months earlier. The lifters were spectacular and crowd really inspired everyone to do their personal best! Special thanks go out to Lisa of Ultimate Fitness for her support of the local family and Vermont Powerlifting. We would also like to thank Jennie Kernoff for announcing and running the scorers table all day. Besides setting 13 national records, Diana Kernoff ran the bar load program to keep the spectators and spotters informed of the weight on the bar and the name of the lifter. We would like to thank of referees, Norm Mackay, Mark McEntee, Ken Mattson, Joan Gardner, and Justin Bonilla. Vermont Powerlifting has two upcoming meets in 2007. On September 29th at First in Fitness in Barre, VT an AAU and 100% RAW Push-Pull and single lift competition will be held with a 100% Raw strict curl. On October 27th in Wildwood NJ, Vermont Powerlifting will be hosting a 100% Raw Master Nationals at the Battle of the Boardwalk. Vermont Powerlifting supports drug free Raw lifters to showcase their natural strength in the world of powerlifters. (by Bret Kernoff, Founder of Vermont Powerlifting, L.L.C.)

**West Metro Push Pull
17 JUN 07 - Elk River, MN**

MPA BENCH	G. Peterson 425
132 lbs.	308 lbs.
Teen (15)	Master (44)
M. Robinson 160	S. Kivisto 470
165 lbs.	SHW
Teen (16-17)	Open
L. Schmidt 155	D. Damminga 265
M. Robinson 215	C. Kadrlík —
181 lbs.	MPA DEADLIFT
Teen (19)	165 lbs.
Aghamirzai 240	Teen (16)
220 lbs.	L. Schmidt 300
Open	220 lbs.
J. Odom 295	Open
Master (60)	J. Odom 510
L. Kollauf 320	242 lbs.
242 lbs.	Open
Open	M. Neels 600
M. Neels 350	APF DEADLIFT
148 lbs.	148 lbs.
APF BENCH	Teen (19)
148 lbs.	J. Mahoney 460
Teen (19)	220 lbs.
J. Mahoney 265	Open
181 lbs.	R. Fuchs 520
Master (40)	Master (62)
J. Robinson 315	T. Morton 480
220 lbs.	242
Open	Open
R. Fuchs 560	B. Pechmiller —
Master (62)	Master (40)
T. Morton 315	S. Wahl 525
242 lbs.	275 lbs.
Open	Guest
B. Pechmiller —	J. Biewer —
Master (40)	Master (45)
Scott Wahl —	G. Damminga 750
M. Anderson 355	SHW
275 lbs.	Open
Master (45)	D. Damminga 475
G. Damminga 400	C. Kadrlík —
Master (54)	

The West Metro Push/Pull contest was held at The Gym Fitness Center. This is usually the smallest contest and this year was no different. We had nineteen bench pressers and eleven dead lifters. In the Minnesota Powerlifting Association (our feeder organization) we had several good first timers. In the 132 class Mike Robinson (15) had a perfect day ending with a 160 bench. Logan Schmidt (16) benched 155 at 165. Mark Robinson (17) benched a very strong 215 just missing a fourth at 225 at 165. Oliver Aghamirzai (19) hit a 240 and would

have done more if he had waited for commands. Josh Odom (20) only got one lift in and was credited with 295 in the 220 class. Sixty year old Lawrence Kollauf benched 320 at 220. Mike Neels lifted raw again and got an easy 350 just missing 365. In the APF Division Jake Mahoney (19) needed all three lifts to get one in at 148. Master Lifter James Robinson had a perfect day lifting 315 at 181. Rick Fuchs had the biggest bench of the day with 560 at 220. This guy is tall and lean but sure knows how to bench. Also in the 220 class Thomas Morton (61) showed age really doesn't mean a thing. Thomas had a perfect day with 315 to his credit. In the 242 Open Class Bill Pechmiller took three tries at over 725 pounds and couldn't finish one. Scott Wahl (40) took three tries at 455 and ended with no lifts. Mike Anderson (55) showed the kids how to bench getting a 355. Greg Damminga (45) lifted raw, had a three for three day ending with 400. Greg Peterson (53) nailed a 425 at 275. David Damminga (21) lifted in the SHWT division and got a raw 265. This kid is a monster! I'm glad I don't have to feed him. Scott Kivisto (44) only got one passed 470 in the 308. Charles Kadrlík could not register a lift in the SHWT class. The deadlifter's were on fire. Jake Mahoney (19) hit a 460 at 148. Logan Schmidt (16) went four for four smoking an easy 300. Logan plays football and hockey at a local high school and entered without training just for fun. Josh Odom (20) lifted an easy 510 at 220. Raw lifter Michael Neels smoked his opener at 600 and just couldn't finish his next two at 625. Rick Fuchs dead lifted 520 and just missed 540 at 220. Thomas Morton (61) deadlifted 480 and with a little technique work should be good for 550. Not bad for sixty-one! Bill Pechmiller was injured benching and couldn't deadlift. Scott Wahl (40) redeemed himself after not getting a bench in and had a perfect deadlift day with an easy 525 at 242. Guest lifter Jeremy Biewer known for big benching tried 700 opener and had it to lockout when his grip gave. Gregg Damminga (45) with the help of his red sox deadlifted 750 at 275 and left a little in the tank. His son David Damminga (21) hit a 475 in the SHWT class. I would like to thank sponsor West Metro Pontiac, Buick, GMC Trucks and GM Lloyd Hemenway for their continued support of powerlifting. Also would like to thank Gym owners Dave and Ted Harrison. They have allowed us to use their gym for powerlifting events for the last seven years. Judges Ryan Goldstone, Joe Kuphal, Jeremy Biewer, Mike Anderson, and Jerry Gnerre. The spotters saved many lives this day Neil Heisick, John Wood, and Jason Kollauf. Lastly the entire staff at The Gym Fitness Center that made this meet such a success. Our next meet is September 22 The West Metro Open Powerlifting and Bench Press Championship's (Thanks to Jerry Gnerre, APF State Chair, for providing the results)

**USAPL Plainwell Powerlifting
21 APR 07 - Plainwell, MI**

Powerlifting	SQ	BP	DL	TOT
FEMALE				
132 lbs.				
Junior				
J. Varner 245	135	305	685	
MALE				
114 lbs.				
Teen I				
V. Villaneal 170	115	200	485	
M. timiney 215	110	260	585	
132 lbs.				
Teen II				
McCormick 335	235	380	650	
148 lbs.				
Teen I				
G. Curtis 300	235	390	925	
Junior				
V. Niedolwka 500	300	560	1360	
165 lbs.				
Teen I				
K. Bevins 285	160	345	790	
E. Russell 355	220	460	1035	
132 lbs.				
Teen II				
R. Webber 335	240	420	995	
181 lbs.				
Teen III				
J. Tuinstra 550	380	510	1440	
198 lbs.				
Open				
D. Kuhl 365	265	455	1085	
Teen III				
T. Thompson 485	300	550	1335	
Master II				

**APA Northeast Regional
9 JUN 07 - Fair Haven, VT**

BENCH	Master III DT
FEMALE	B. Matchett 135
148 lbs.	275 lbs.
Open DT	(18-19) DT
A. Roberts 300	M. Gordon 335
MALE	Submaster DT
181 lbs.	UNL Gear
(18-19) DT	G. Breault 405
L. Quarters 405	UNL
198 lbs.	Master II Raw
Open DT	V. Vardine 485
D. Herbert 350	4th-500*!
220 lbs.	Open Raw
Open DT	V. Vardine 485
M. Brockway 440	4th-500*!
242 lbs.	DEADLIFT
Open DT	MALE
N. Hughes 525	242 lbs.
Submaster DT	Master III DT
N. Hughes 525	B. Matchett 450
Master I DT	242 lbs.
M. Slaga 430	Master II DT
	B. Matchett 450
Push Pull	BP
FEMALE	DL
148 lbs.	TOT
Open DT	

D. Slaga	257*!	390	647
	4th-DL-402*!		
UNL			
Submaster DT			
R. Cook	225	245	470
Master I DT			
T. Jones	175	245	420
MALE			
181 lbs.			
(18-19) DT			
D. Anneser	445	500	945
	4th-BP-460		
198 lbs.			
(18-19) DT			
N. Fox	390	365	755
Open DT/UNL Gear			
J. Matta	545	500	1630
242 lbs			
Master III DT			
B. Matchett	135	450	585
Powerlifting	SQ	BP	DL
165 lbs.			
Junior DT			
A. Jones	385	250	405
198 lbs.			
(16-17) DT Raw			
N. Johnson	375	275	475
Open DT/UNL Gear			
J. Matta	585	545	500
Open DT Raw			
N. Johnson	375	275	475
Master I DT			
K. Morales	450	465	420
242 lbs.			
Junior DT			
C. Wasniewski	600	390	635
1650			
	4th-DL-700*!		

*=World Records. !=American Records. DT=Drug Tested. UNL Gear=Any type and ply of gear. Raw=No supportive gear worn! Best Lifter Powerlifting: Cory Wasniewski. Best Lifter Push Pull: Jamie Matta. Best Lifter Bench: Neil Hughes. Best Lifter Deadlift: Brian Matchett. Raw Best Lifter: Vinnie Vardine. Special thanks to James Matta and crew for providing an awesome meet site and great spotters & referee's. Several records were set. Vinnie Vardine did an incredible RAW bench press of 500 pounds at 52 years old. Wow! What a display of true strength! Young Cory Wasniewski pulled an incredible 700 deadlift with ease. Looked like he had a few more pounds in him. Donna Slaga continues to impress everybody. As a woman master she broke the 400 mark in the deadlift in the 148 class. Way to go Donna. Stay tuned as the APA hits Fair Haven, Vermont again in September and December. (Thanks to Scott Taylor, APA President, for providing the meet results)

**USAPL Peak Fitness Closed
6 MAY 07 - Hattiesburg, MS**

Powerlifting	SQ	BP	DL	TOT
MALE				
123 lbs.				
Teen (16-17)				
C. Nicholson 290	125	275	390	
132 lbs.				
Teen (16-17)				
D. Davis 365	160	425	950	
220 lbs.				
Teen (18-19)				
C. Skinner 625	335			

ASK THE DOCTOR

This column will feature questions on nutritional, performance and medical issues. Send your questions to Mauro Di Pasquale M.D. at Mauro@MetabolicDiet.com. I'll try my best to personally answer all questions sent to me within a few days.

Dr. Di Pasquale: I first want to thank you very much for your help, your time, and your advice. I also wanted to clarify a few things in your recommendations. For the dose of androgel I put 10 mg, but meant 10 g. I'm not sure if this changes your advice in anyway. Also you said to use 3 tablets of Testoboost before training and bed, which would mean 6 tablets per day. I just wanted to clarify this because on the bottle it says 4 tablets per day, and wondered if there are any risks involved in going up to 6 tablets per day. And when you say training do you mean both cardio as well as weight training? On days which involve no training would I take all 6 tablets before bed? As well, I'm wanting to get off of the androgel completely (I am in the process of backing off the dose right now) and wanted to know if you felt that continuing to back off the androgel completely now, while adding in the Testoboost would be a good option or if maintaining his regular dose and adding Testoboost would be a better first step in getting off of the androgel. Also, if he was to continue to reduce the androgel until he is completely off of it he wanted to know if the dose for Testoboost would remain the same as recommended. Also I'm looking to gain muscle and my son is looking to get into competitive bodybuilding. I have your book, The Anabolic Solution for Bodybuilders and we have both applied the diet with good results. As far as supplements go, I have read what the anabolic solution suggests, but would really appreciate anything more you would suggest for us. Thank you very much for all the help and time you have given to us. **John**

Hi John: I knew that you meant 10 grams since Androgel comes in 5 and 10 gram packets of gel. As far as the dosage of Testoboost, more is needed in cases such as yours since exogenous testosterone has a suppressive effect on

endogenous production and in boosting his endogenous production of testosterone we have the added suppressive effect has to be overcome.

4 tablets of TestoBoost would be enough for someone who has not or is not using testosterone but is after enhancing their functioning system. You should use the TestoBoost before any kind of training. If he's not training that day then you should take 3 tabs in the morning and 3 before bed. I would stay at the six tabs per day until you gets your blood work done and we see where you're at. At that time we can likely gradually cut you back to four a day.

If you and your son want to gain mass then it's a matter of upping your protein intake and calories, while at the same time using some of the supplements. How many and how much you use depends on where you are in your training and your budget. For example you might just want to use TestoBoost and GHboost, or you may want to use those two plus Exersol, MRP LoCarb, and Creatine Advantage. Let me know what you're interested in using and I can personalize a supplement regimen for both of you. **Best regards, Mauro**

J ENDOCRINOL INVEST. 2005;28(8 SUPPL):32-6. GH AND IGF-I AS THERAPEUTIC AGENTS FOR OSTEOPOROSIS. AGNUSDEI D, GENTILELLA R. ELI LILLY AND CO., FLORENCE, ITALY. AGNUSDEI DONATO@LILLY.COM Current strategies for the treatment of osteoporosis rely almost exclusively on agents whose pharmacological actions are primarily antiresorptive. There is, therefore, growing interest in developing agents able to stimulate bone formation, such as GH and IGF-I, which play an important role in bone metabolism, being essential for the development and growth of the skeleton and for the maintenance of bone mass. Furthermore, the decline in GH/IGF-I axis with aging, is

correlated with the increased risk of osteoporosis and fragility fractures in elderly population. Several studies investigated the potential of GH and/or IGF-I as therapeutic agents in osteoporotic patients (post-menopausal women and idiopathic osteoporotic men), showing a clear correlation between the used GH dosage (and the obtained IGF-I plasmatic levels) and the increase in bone turnover markers and/or bone mineral density (BMD) at different skeletal sites. In particular, the use of IGF-I/IGFBP-3 complex seems to be very useful and safe in older women with recent hip fracture. Also the possibility of combining GH/IGF-I treatment with antiresorptive drugs (such as calcitonin and alendronate) has been explored, showing controversial results on BMD at different skeletal sites. In summary, based on the current evidence, it is clear that circulating GH and IGF-I are critical for skeletal modeling, bone acquisition and age related bone loss. Nevertheless, controlled studies with fracture incidence as endpoints are needed to fully assess the potential of these bone anabolic agents in the treatment of osteoporosis.

PEDIATR ENDOCRINOL REV. 2006 JAN;3 SUPPL 1:219-21. PREDICTORS OF BONE LOSS IN YOUNG WOMEN WITH RESTRICTIVE EATING DISORDERS. BRUNI V, DEI M, FILICETTI MF, BALZI D, PASQUA A. PEDIATRIC AND ADOLESCENT GYNECOLOGY SERVICE, UNIVERSITY OF FLORENCE, ITALY.

OBJECTIVES: To evaluate the influence of Body Mass Index, body composition and hormonal factors on bone mass in young women with amenorrhea related to restrictive eating disorders. DESIGN: Descriptive study of 55 patients with secondary amenorrhea due to restrictive eating disorders and 14 healthy girls used for comparison. Assessment of Bone Mineral Density, Fat Mass and Lean Mass by DEXA and of the serum hormonal profile. RESULTS: Patients had lower BMI, lower Fat Mass and lower Bone Mass compared to controls; their serum levels of LH, FT(3), DHEAS, Insulin and Leptin were significantly reduced. Low Bone Density, especially in the lumbar region, correlated with concentrations of FT(3), Cortisol, Insulin and Leptin, hormones expressive of metabolic adjustment to

malnutrition. Lean Mass was a strong predictor of osteopenia and osteoporosis. CONCLUSIONS: Hormonal nutritional markers, together with soft tissue composition measurements, are viable options for ongoing monitoring of subjects with eating disorders.

Dear Dr. Di Pasquale: I've started your recommendation so now we'll wait and get the blood test results. Again, I want to thank you for your advice. Also, when you say upping protein and calories, I assume you mean keeping carbs low like the anabolic solution suggests. Is this correct? Thanks a lot. **John**

Hi John, I'm glad that your testosterone levels increased to a more normal value for you. It does make life more pleasant. I'd stay on the 6 per day for another 4 weeks or so then cut that back to 5 per day for another 4 weeks and then to 4 per day. I would then get your testosterone levels checked a month or so after going on the 4 per day. Again let me know what the results are. **Best regards, Mauro**

Dear Dr. Di Pasquale: The results have been very impressive. The Free testosterone number over the past couple of years has been only 2.7 to 3.2 even on the Androgel. Now after about 3 months on the Testoboost product my results just last week were 5.7. Mood swing issues are 100% better, I'm stronger and I have more energy. Even my family doctor was impressed. I have a trainer at the gym who now wants to order your product as well. I would like to ask you if you think I should stay on the 6 per day dose in order to maintain this level. Thanks Again, **John**

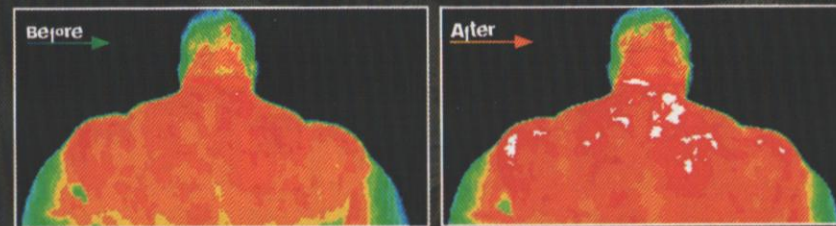
Hi John: As far as increasing protein and calories, it all depends on the phase of the diet. For example on low carb days you would increase protein and fat keeping carbs low. On higher carb days you can increase all three macronutrients selectively depending on your goals. It's easier to increase calories on the high carb days as against the low carb days since the combination of protein and fat, without carbs has a satiating effect at lower calorie levels. **Best regards, Mauro**

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Cutting Edge Spring Classic

16 JUN 07 - Albany, NY

BENCH FEMALE	132 lbs.			
Open	S. Evan	172*		
A. McCallion	140*	Master (45-49)		
4th-143*	M. Piplani	199*		
242 lbs.	4th-204*			
Master (40-44)	DEADLIFT			
Phys. Challenged	FEMALE			
H. Harris	321*	148 lbs.		
4th-335*	C. Bosco	255		
MALE	4th-270*			
Powerlifting	SQ	BP	DL	TOT
FEMALE				
Teen (16-17)				
Guest				
R. Mayer	345*	198*	258*	801*
122 lbs.				
Master (55-59)				
S. McCallion	158	96*	244*	498
132 lbs.				
Master (45-49)				
J. Cannizzaro	146*	95*	189*	430*
MALE				
100 lbs.				
Youth (12)				
A. Forezzi	120*	91*	188*	399*
114 lbs.	4th-BP-100*			
Special Olympics				
C. Vooyis	190	137*	221	548*
165 lbs.				
Master (50-54)				
G. Sagor	415*	165	355*	935*
181 lbs.	4th-BP-196*			
Teen (14-15)				
A. Carter	350*	250*	400*	1000*
135	4th-DL-415*			
N. Burgess	135	120	225	480
4th-DL-261				
Master (40-44)				
D. Naughton	490*	355	423*	1289*
220 lbs.				
Master (65-69)				
E. Brown	225	281	305	811
242 lbs.				
Master (40-44)				
F. Folino	230	209	279	718
4th-BP-215				
275 lbs.				
Master (45-49)				
P. Burdess	415	250*	345	1010
308 lbs.				
Teen (9-14)				
A. Gecewicz	185*	175*	265*	625*
4th-BP-200*				
SHW				
Special Olympics				
J. Andrews	215*	260*	300*	775*
4th-BP-270*				

*=Meet Records. (from Cutting Edge Sports)

USAPL West River Powerlifting

2 JUN 07 - Spearfish, SD

BENCH FEMALE	MALE			
Open	N. Broom	473		
D. Kullerd	143	275+ lbs.		
Master	Open Raw			
M. Barnes	154	K. Walker	434	
Powerlifting	SQ	BP	DL	TOT
MALE				
T. Shepper	572	401	616	1589
275+ lbs.				
Open				
K. Walker				
SHW				
Master (60-64)				
Neighbours	314	220	314	848
Best Female Lifter: Deb Kullerd from Spearfish, SD. Best Teen Female Lifter: Kayla Carlow from Pine Ridge. The Best Male Lifter: Tim Shepper from Rapid City. Best Master Lifter: Tim Shepper from Rapid City. Best Teen Male Lifter: Tyler Wagner from Madison. Placings for West River Power Lifters were as follows: Deb Kullerd: Best Overall Female Lifter 1st in Women's Power lifting Master 50-59, 1st in Women's Open Power lifting, 1st in Women's Open Bench, 2nd in Women's Master Bench Press 50-59, Marcia Barnes: 1st in Women's Master Bench Press, 2nd in Women's Master Power lifting 50-59, 2nd in Women's Open Power lifting, 2nd in Women's Open Bench. Brent Steinbach: 1st in Master's Men Power lifting 40-49, 1st				

Bullitt Co. YMCA Raw BP/DL

30 JUN 07 - Mt. Washington, KY

BENCH (15-17)	242 lbs.			
D. Elmore Jr.	275	(50-55)	255	
(18-19)	220 lbs.			
C. Lewis	230	R. Belanger	340	
Submaster	Open			
D. Elmore Sr.	550	R. Deppen	335	
Master (40-44)	220 lbs.			
A. Cox	385	B. Glass	415	
(45-49)	242 lbs.			
W. Samuals	365	B. Krugman	450	
198 lbs.	DEADLIFT			
J. Raley	365	B. Krugman	605	
Best Lifter Bench: David Elmore, Sr. Best Lifter Deadlift: Brian Krugman. Venue: Bullitt Co. YMCA. The proceeds from the entry fees, approximately \$400, went to the Spirit Campaign program. We had many first time competitors who really did a great job. In the bench teen division, 15 year old David Elmore Jr. did a strong 275, to win his first meet. Another first timer, Chris Lewis put up 230 to win in the 18-19.				

In Submasters, David Elmore, Sr. won with a 550 lift. David had just recently had surgery on his jaw and only attempted two lifts, but it was still enough to take home the co-Best Lifter award. In the Master 40-44/220 we had a great competition. Andy Cox did a strict 385 to win in the class. Waylon Samuals finished a close second with a 365 lift. In the Masters 45-49, Dr. Joe Raley won the 198s with an impressive 365. Joe arrived at the last minute due to treating a patient, warmed-up by doing a set of push-ups, and proceeded to hit all three of his lifts. This is a remarkable lifter. Keith Griffie posted a 255 lift to win in the 242s. In the Masters 50-55, Ray Belanger took home first with a 340. In the Opens, first time lifter Rob Deppen won the 198 class with a 335. The 220s belonged to Bo Glass who posted a 415. In the 242 class first time lifter Brian Krugman posted a 450 lb. lift to take his trophy. Brian also pulled a 605 deadlift to win and take home a co-Best Lifter award. Special thanks to Leroy Lending, YMCA Program Director, the YMCA and all the spotters who helped all day. (Thanks to Keigh Griffie for results)

Special Olympics/Virginia State

9 JUN 07 - Richmond, VA

Powerlifting	SQ	BP	DL	TOT
WOMEN				
165 lbs.				
(16-21)				
J. Thacker	125	95	200	420
MEN				
132 lbs.				
(16-21)				
G. Blakely	135	105	205	445
M. Montague	105	80	150	335
148 lbs.				
(16-21)				
S. Thomas	195	120	250	565
(22+)				
W. Wolfe	60	65	95	220
D. Taylor	—	45	—	45
165 lbs.				
(16-21)				
T. Theseault	115	125	155	395
(22+)				
D. Martone	140	95	180	415
181 lbs.				
(22+)				
S. Grooms	385	290	435	1110
J. Humes	185	190	300	675

T. Zilenski	175	175	250	600
S. Bolthouse	95	175	225	495
J. Woolfolk	110	85	185	380
198 lbs.				
(16-21)				
J. Hutchinson	170	145	230	545
N. Troiano	150	120	175	445
(22+)				
M. Boher	170	140	220	530
M. Shomyer	125	135	255	515
J. Salter	200	—	—	200
R. Curry	—	100	—	100
(22+)				
R. Hutchinson	250	205	375	830
M. Meadows	260	190	360	810
A. Martinez	—	—	145	145
(16-21)				
J. Robertson	305	220	360	885
(22+)				
M. Canaday	335	350	400	1085
P. Curry	100	140	225	465
275 lbs.				
(16-21)				
T. Britton	—	90	175	265
(22+)				

C. Mayo	440	250	530	1220
L. Frazier	275	125	285	685
SHW				
(22+)				
B. William	—	185	275	460
L. Umphlett	—	100	180	280
Coordinators: Phillip Battle and Nick Minneti. (Results thanks to Phillip Battle)				

USAPL Albany Strength

28 APR 07 - Albany, NY

BENCH	T. Albano	440		
Lifters	C. Terrano	285		
132 lbs.				
(22+)				
Z. Zehr	325	E. Sapienza	330*	
C. Mahgra	215	275 lbs.		
148 lbs.				
G. Plante	605			
B. Coisson	265			
165 lbs.				
K. Johnson	565			
Powerlifting	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
W. Slicer	135	140	230	505
123 lbs.				
(16-21)				
C. Anderson	140	90	235	465
148 lbs.				

L. Radecki	275	125	320	720
L. Delay	150	110	250	510
165 lbs.				
E. Brown	215	125	300	640
181 lbs.				
T. Stalb	175	100	275	550
MALE				
132 lbs.				
R. Rheil	275	175	335	785
148 lbs.				
M. Mahgra	250	225	315	790
165 lbs.				
Golembleski	385	330	430	1145
Ghebretzidic	315	245	405	965
181 lbs.				
S. Turi	405	300	510	1215
K. Turi	410	300	420	1130
C. Rose	315	300	415	1030
T. Fleming	315	200	385	900
E. Clark	255	210	405	870
M. Young	275	200	340	815
198 lbs.				
T. Parella	600	405	625	1630
L. Cohen	600	405	580	1585
M. Stone	135	285	430	950
220 lbs.				
R. Hansen	600	385	675	1660
F. Ball	560	430	575	1565
G. Volkes	505	340	460	1305
A. Bogart	385	305	460	1150
E. Dollman	335	235	375	945
242 lbs.				
R. Stoddard	600	475	555	1630
J. Bogart	540	510	525	1575
C. Solonya	550	335	575	1460
D. Balsdon	460	415	585	1460
C. Lake	440	335	550	1325
S. Chatis	95	315	480	890
275 lbs.				
D. Wallace	365	250	365	980
V. Maldfeld	325	215	340	880
SHW				
G. Koziol	650	400	705	1735
Meet Director: John Payette. (Thank you to the USAPL for providing the meet results)				

Winyah Fitness Bench Press

23 JUN 07 - Winyah, NC

BENCH	R. Howell	360		
FEMALE				
220 lbs.				
P. Parsley	65	P. Stevens	345	
S. Bremner	55	242 lbs.		
MALE				
C. Griggs	440			
Youth	I. Williams	---		
66 lbs.				
A. Bremner	55	C. Williams	615	
Teen (16-17)				
308+ lbs.				
A. Moore	315	J. Tancil	550	
J. Devlin	300	Submaster		
A. Williamson	255	S. Berry	425	
Teen (18-19)				
Master (40-44)				
S. High	290	J. Rubio	350	
Q. Bivens	315	W. Bouerie	250	
Junior				
220 lbs.				
R. Nesbitt	310			
J. Mizzell	365	A. Bremner	330	
Open				
181 lbs.				
R. Howell	340	P. Retails	320	
J. Rubio	350	Master (50-54)		
J. Walker	340	J. Tancil	550	
A. Bremner	330	W. Braveboy	385	
M. McConnell	220	Master (60-64)		
198 lbs.				
D. Ricafrente	425			
Best Lifter: Corey Williams. Best Master Lifter: Doug Ricafrente. (by Alan Bremner)				

WDFPF/BDFPA Northern RAF

16 MAR 07 - St. Andrews, Fife

BENCH	Raw			
MALE				
165 lbs.				
Senior	J. Bussey	297		
148 lbs.	K. Wilson	286		
A. Radcliffe	198	181 lbs.		
165 lbs.				
Senior	D. Goodall	286		
J. Bussey	209	198 lbs.		
K. Wilson	209	Master II		
181 lbs.	I. Cripps	319		
Junior				
L. Walker	242	MALE		
220 lbs.				
Senior				
165 lbs.				
L. Maves	303	Senior		
I. Lovatt	242	K. Wilson	220	
DEADLIFT				
MALE				
J. Bussey	187			
Referee: Matt Saunders, John Gordon. (Thanks to Sharon Clegg for the results)				



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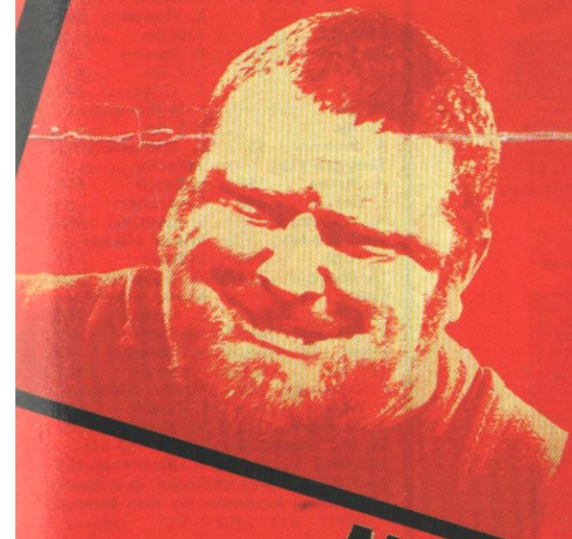


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New Jersey High School BP
31 MAR 07 - Hillsborough, NJ

BENCH	Junior/Senior	MALE
FEMALE	B. Kurpis 264	123 lbs.
Fresh/Soph	D. Mullan 154	181 lbs.
S. Mucha 82	Fresh/Soph	148 lbs.
Fresh/Soph	F. Eskridge 237	181 lbs.
C. Sperber 121	Junior/Senior	165 lbs.
165 lbs.	M. Lucero 314	165 lbs.
Junior/Senior	C. Helm 275	165 lbs.
A. Pellegrino 82	A. Turdo 248	165 lbs.
BENCH	C. Gieyrck 231	165 lbs.
MALE	D. Mangan 181	165 lbs.
123 lbs.	Fresh/Soph	165 lbs.
Fresh/Soph	T. Duncan 253	165 lbs.
M. Schild 132	J. Latocha 220	165 lbs.
Junior/Senior	Junior/Senior	165 lbs.
J. Gazzara 253	D. Stone 281	165 lbs.
D. Salvati 220	220 lbs.	165 lbs.
132 lbs.	Fresh/Soph	165 lbs.
Junior/Senior	J. Bentzen 259	165 lbs.
N. Premph 203	Junior/Senior	165 lbs.
J. Holmes 176	N. Darlington 325	165 lbs.
148 lbs.	M. Leon 281	165 lbs.
Fresh/Soph	J. Crispo 275	165 lbs.
E. Turner 192	242 lbs.	165 lbs.
S. Stroup 170	Fresh/Soph	165 lbs.
Junior/Senior	H. Amwake 275	165 lbs.
L. Apalucci 198	N. Betro 198	165 lbs.
165 lbs.	Junior/Senior	165 lbs.
Fresh/Soph	R. Reyes 352	165 lbs.
J. Viquez 220	275 lbs.	165 lbs.
S. Singh 214	Junior/Senior	165 lbs.
	J. Johnson 237	165 lbs.

(Thank you to Mark L. Salandra for results)

USAPL Will Power Raw
2 JUN 07 - N. Anson, ME

Push Pull	BP	DL	TOT
FEMALE			
105 lbs.			
Teen III	80	195	275
C. Rowe			
148 lbs.			
Teen I		205	
L. Erkson			
165 lbs.			
Teen I	150	300	450
R. Kaplan			
198 lbs.			
Teen I	125	265	390
A. Plantic			
Teen II		215	
J. White			
MALE			
114 lbs.			
Teen I	130	290	420
M. Delgallo			
132 lbs.			
Teen I			
Z. Ollivier	150	260	410
Teen III			
L. Delgallo	135	310	445
148 lbs.			
Teen I			
A. Fitzsimmons	135	235	400
Teen II			
J. Sincyr	160		
165 lbs.			
Junior	275	415	690
C. Murray			
Teen I			
T. Gower		230	
Teen II			
D. Tuttle	205		
A. Delgallo	185	345	530
B. Lane	190	370	560
181 lbs.			
Teen I			
G. Johnson	230	330	560
Teen II			
R. Pimphan	195	375	570
198 lbs.			
Teen I			
A. Lane	195	375	570
Teen III			
N. Meyer	225	435	660
S. Gross	225	440	665

Coordinator: Jack Kaplan. Venue: Carrabec High School. Best Lifter Overall Male: Chris Murray. Best Lifter Overall Female: Randi Kaplan. Best Bench Press Lifter Male: Chris Murray. Best Bench Press Lifter Female: Randi Kaplan. Best Deadlift Male: Matt Delgallo. Best Deadlift Female: Randi Kaplan. Best Teen Male: Matt Delgallo. Best Teen Female: Randi Kaplan. (Thanks to the USAPL for providing results)

NHSP Spring BP
13 MAY 07 - Concord, NH

BENCH	MALE
275 lbs.	B. Reynolds 655
165 lbs.	J. Carroll 500
T. Mah 350	T. Ladd 250
A. Eason 325	308 lbs.
J. Roy 340	C. Sirreli 525
242 lbs.	SHW
J. Bean 360	R. Geehan 340

Best Overall Lifter: Brian Reynolds. I would like to take this opportunity to thank the prison's recreation director Rodney Roy for his ongoing support of powerlifting inside the walls. Rod has met with a lot of resistance toward powerlifting meets within the prison and such meets could have very easily been done away with, instead Rod has persevered and continues to show support for the great sport of powerlifting. Rod's efforts do not go unnoticed. Thanks also goes to APF Judge Jamie Fellows for taking the time to come behind the walls to judge and help run the meets. Also, thanks to all the spotters and loaders. The day started with the 165 pound class.

Thomas "Genghis Khan" Mah, who won the class with a strong 350 pound bench. The 181 pound class was represented by Joshua Roy with a 340 pound effort. Jeffrey "Jelly" Bean represented the 242 pound class and hit a personal record with a 360 pound bench. Jeff is on his way out, we wish him all the best. Up next was the big boys. Second place in the 275 pound class went to Jason Carroll. Jason hit his first 500 pound bench under meet conditions. Jason is an animal and has a lot left in the tank. First place and the best lifter went to Brian Reynolds with A huge 655 pound bench. The 308's had only one competitor, Chris "Big Belly" Cirell who hit a 525. The SHW were represented by Randy Geehan. Randy smoked a 340 pound attempt. I would like to give a shout out to all the other prisons in the powerlifting game. We would like to set up paper meets with other prisons. We are in the process of setting something up with Norfolk prison in Mass. and would like to set up meets with other prisons. Powerlifting in prison is a dying breed. As convicts we need to do everything we can to keep it alive. If you would like to set something up contact our recreation director Rodney Roy at 603-271-1852 or P.O. Box 14, Concord NH 03301. (Thanks to Brian Reynolds for providing these results)

PPL Augusta Strongest Challenge
26 MAY 07 - Augusta, GA

LADIES	BP	MP	LH	DL	DH	TOT
N. Johnson	15	22	1:24	35	4:25	48
R. Hammel	19	22	1:18	5	2:9	42
Dee Dee	10	20	1:01	30	1:22	34
Sashe	10	22	1:22	45	3:39	50
(60-69)						
B. Cooter	46	30	1:32	37	2:05	50
(14-16)						
S. Smith	16	21	1:08	21	1:04	50
(20-29)						
Waldren	23	25	1:20	37	1:09	50
(30-39)						
J. Haynes	23	26	2:09	16	1:02	50
(50-59)						
J. Gayton	21	21	1:20	25	0:41	50
(60-69)						

BP=Bench Press in Reqs. MP=Military Press in Reqs. LH=Lateral Hold in

USAPL Texas State Powerlifting
2 JUN 07 - San Antonio, TX

Powerlifting	SQ	BP	DL	TOT
FEMALE				
148 lbs.				
Teen (16-17)	181	72	209	463
L. McGuill				
148 lbs.				
Master II (45+)	281	132	314	727
L. Lopez				
165 lbs.				
Teen (14-15)	308	170	308	787
B. Gamble				
Open				
D. Bryant	380	187	352	920
Military				
S. Snook	253	176	286	716
Master I (45+)				
D. Bryant	380	187	352	920
181 lbs.				
Teen (18-19)	407	220	496	1123
D. James				
198 lbs.				
Open				
L. Yeager	341	192	270	804
Master I (39-44)				
L. Yeager	341	192	270	804
MALE				
123 lbs.				
Teen (16-17)	330	220	330	881
C. Messimier				
132 lbs.				
Teen (14-15)	181	198	248	625
C. Allen				

USAPL Viking Classic
26 JUN 07 - Onawa, IA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
148 lbs.				
J. Dreth	259	154	325	739
N. Marshall	198	99	198	496
MALE				
114 lbs.				
J. Hinkel	331	222	209	762
132 lbs.				
K. Kraft	331	238	309	877
165 lbs.				
T. Williams	513	320	507	1339
M. Mejia	320	226	419	965
J. Ochs	303	1819	342	2464
B. Whitt		369		369
181 lbs.				
L. Keith	441		457	898
S. Auxler	507		584	1091
J. Beard		452	502	953
198 lbs.				
C. Friend	424	298	408	1130
R. Keele	408	254	441	1102
T. Snyder	342	237	430	1009
G. Stillman		298		298
K. Nadrchai		331		331
220 lbs.				
T. Jewett	441	331	524	1295
T. Clarke				
242 lbs.				
Ahlschwede	645	468	601	1714
275 lbs.				
C. Doyle	639	480	617	1736
275+ lbs.				
A. Willcox	617	364	579	1560

NHSP Winter Blast
25 FEB 07 - Concord, NH

Powerlifting	SQ	BP	DL	TOT
165 lbs.				
A. Eason	555	345	440	1340
T. Mah	475	335	400	1210
181 lbs.				
J. Roy	400	325	415	1140
198 lbs.				
J. Lampert	405	325	525	1255
J. Smith	475	270	485	1230
S. Batchelder	465	285	465	1215
B. Fagan	375	255	510	1140
220 lbs.				
R. Loprest	475	340	440	1255
B. Yates	440	275	525	1240
242 lbs.				
J. Bean	450	350	400	1200
275 lbs.				
B. Reynolds	740	640	660	2040
R. Robinson	530	335	505	1370
T. Ladd	345	245	520	1110
308 lbs.				
C. Sirrell	685	530	505	1720

The NHSP Winter Blast full meet went off without a hitch. This was an APF sanctioned meet. Thanks goes out to Rodney Roy, head of the prison's recreation department. Your efforts don't go unnoticed. Thanks also to APF Judge Jamie Fellows, and all the other judges and spotters. The highlights of this meet were a huge 555 squat by Al Eason in the 165 lb. class, easily a top 50 squat in the USA. Also, a 640 lb. bench and a 2040 total by Brian Reynolds in the 275 lb. class. Reynolds also won best overall lifter. (Thanks to "Stormin'" Norman Franks for providing the results)

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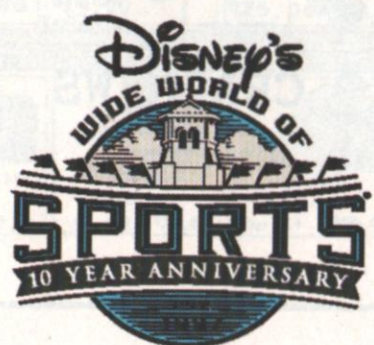
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- 28 SEP, AAU Granite City Iron Wars (Barre, VT) Bret Kernoff, 802-865-2747, bret@vermontpowerlifting.com
- 29 SEP, Powerlifting & Strength Seminar (Landham, MD) Suzanne Sioux-z Hartwig-Gary, 240-401-1403, Siouxz5@aol.com, or Matt Gary, 240-463-0795, MLGary@aol.com, www.marylandpowerlifting.blogspot.com
- 29 SEP, 100% Raw/AAU Raw Vermont Powerlifting End of Summer Push-Pull/SC (First in Fitness, Barre, VT) Bret Kernoff, bret@vermontpowerlifting.com
- 29 SEP, 100% RAW East Coast Tough Man & Woman Challenge (Elizabeth City, NC) Donnie Markham, 252-331-2850
- 29 SEP, USAPL Tiger Open, Arval Bridges, 9750 E. Inniswood, Baton Rouge, LA 70809, 225-291-1815
- 29 SEP, SLP National PL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare.com, www.sonlightpower.com
- 29-30 SEP, The Kings of the Bench (Mr. Olympia Expo, Las Vegas, no bench shirts, cash & prizes, qualify at Clash of Titans), www.mrolympia.com/bench.htm, 503-221-2238
- 29-30 SEP, IPA West Coast Open PL (Cash Prize) Kent Hoskoetter, 541-761-5309, (Grants Pass, OR)
- SEP, ADAU PL/BP (Staunton, VA) Dean Griffin, 412 Betsybell Rd. Apt. 103, Staunton, VA 24401, deangriffin06@adelphia.net
- 6 OCT, SPF Worlds (Open, Raw, PP/BP/DL/SC, BP Reqs - Holiday Inn, Sun Spree, Gatlinburg, TN) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com
- 6 OCT, IPA Lexen Xtreme Fall Classic (PL, BP, P-P) Dan Dague, 3665 Garden Ct., Grove City, OH 43123, 614-554-8824, www.lexenxtreme.com
- 6 OCT, NASA Wisconsin State Bench Press, Job Hou-Sey, 1-888-JOB-HOUSEY, statechairman@wisconsinpowerlifting.com, aandz.insurance@sbcglobal.net
- 6 OCT, NASA Can-AM International (Minot, ND) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
- 6 OCT, NASA WV Regional PL, BP, PP & PS, Greg Van Hoose, RR1 Box 166,

COMING EVENTS

- Ravenswood, WV 26164, www.vhpower.com
- 6 OCT, APF Hawg Farm PL/BP/DL (Evansville, IN) Larry Hoover, 2089 N. St. Rd. 65, Princeton, IN 47670, 812-779-6229 or 812-385-9932, quad4hoov@peoplepc.com
- 6 OCT, SLP Tennessee State BP/DL (Lexington, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 6 OCT, 100% RAW Southern Open BP & Arm Wrestling (Jarvisburg, NC) Gene Berry, NC@rawpowerlifting.com
- 6 OCT, USPF Central California Open PL/BP/DL (Modesto, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftinCA.com
- 6 OCT, NASA East Texas Regional (Un/Equipped, PL, PS, PP, BP Only - Tyler, TX) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, sqbpdl@aol.com
- 6 OCT (New Date), USPF Central California Open PL, BP, DL (Modesto) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com
- 6 OCT, Ashtabula YMCA BP (Ashtabula, OH) Lonnie Anderson, 440-964-3013
- 6.7 OCT (NEW DATE), AAPF/APF Snake River PL, BP, DL (World Gym, Idaho Falls, ID) 208-528-0444, snakeriverp@yahoo.com
- 7 OCT, APA Vito Open BP (Guilford, NY) Chris Byres 607-437-2436 or after 4pm 607-563-5476.
- 12-14 OCT, WDFPF Single Event World Championship (Montesilvajo, Italy) www.wdfpf.cc
- 12-14 OCT, AAU 3 lift World, Single BP, Single DL, Push-Pull (Disney World, Orlando, FL) vapowerlifting@aol.com, 804-559-4624
- 13 OCT, USPF & Power Promotions 2nd annual Regional PL & NAS Strongman (Morgantown, WV), Matt McCas, mccase@yahoo.com, www.properformancex.com
- 13 OCT, USPF Regional Powerlifting & Single Lift (Open, National qualifier - Pro Performance, Morgantown, WV) Matt McCas, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com
- 13 OCT, Atilis Gym BP, Atilis Gym, 3015 Pacific Ave., Wildwood, NJ 08260, Chris Lambert, 609-729-2050

- PA) Gene Rychiak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com
- 13 OCT (New Date), WABDL Night of Champions BP/DL (All America Gym, Lakeland, FL) Louis Baltz & Ken Snell, 863-687-6268
- 13 OCT, NASA Arkansas Regional (Un/Equipped, PL, PS, PP, BP Only - Russellville, AR) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, sqbpdl@aol.com
- 13 OCT, SLP Oklahoma State BP/DL (Tulsa, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 13 OCT, 100% RAW Push Pull/BP/SC (Supreme Fitness, 1589 Putney Rd., Brattleboro, VT) Bret Kernoff, 802-865-2747, bret@vermontpowerlifting.com
- 13 OCT, Walker's Gym BP for St. Jude's Hospital (raw/open, men, women, teen, masters, military, police/fire - Walker's Gym, Hopewell, VA) Barry Walker, 804-458-7918
- 13 OCT, USAPL Kansas State, Wayne Herl, 3503 Chaumont, Hays, KS 67601, 785-625-1761
- 14 OCT, SLP Flex Fitness Strongest In

APF/AAPF/WPO Schedule

- OCT, APF New England Open
- 6 OCT, APF Hawg Farm PL/BP/DL
- 6-7 OCT, AAPF/APF Snake River
- 14 OCT, APF Ohio State
- 20 OCT, APF/AAPF Rise of the Deadlift
- 20 OCT, APF Mississippi State
- 27OCT, APF Texas Cup
- 27 OCT, APF Wolverine Open
- 10 NOV, APF 2007 Extreme Powerlifting SC.
- 1 DEC, APF Record Breakers
- 1 DEC, AAPF /APF Christmas BP Bash
- 1 DEC, APF Texas Gulf Coast
- 8 DEC, APF Rio Grande Valley

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14 OCT, SLP Flex Fitness Strongest in Arkansas BP/DL (Dover, AR) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
14 OCT, APF Ohio State PL & BP, Jon Elick, 8226 Stoutsville Pike, Circleville, OH 43113, 740-412-1177, antman517@aol.com or Jason Harbin 330-714-5128, harbinjc@muc.edu
20 OCT, PPL Nationals Drug Free (PL, BP, BP reps, DL, PP, Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
20 OCT, NASA Unequipped Nationals & Power Sports Championships (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
20 OCT, AAU 10th Crain.w.s BP/DL Open (Shawnee, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051,

rccrain@allegiance.tv
20 OCT, USPF Monster Bench and Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net, www.powerliftingCA.com
20 OCT, ADAU Central PA Open (Bigler, PA) Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, Al@pikitung.com
20 OCT, Mighty Christian Powerlifting III (SQ, BP, DL, ages 13+ - Mighty Gibbons Strength Center, 79-b Bassett Hwy, Dover, NJ 07801) Newton Romualdo, 973-303-3645, themightygibbons@aol.com
20 OCT, APF/AAPF Rise of the Deadlift (Velocity Sports, Willowbrook, IL) Eric Stone, 630-794-0594, thestone@chicagopowerlifting.com
20 OCT, APA Grand Floridian Classic PL/PP/BP/DL/SQ, Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm
20 OCT, APF Mississippi State PL/BP (Peak Fitness Gym, Hattiesburg, MS) Joe



APC 54th Iron Man Open Powerlifting & Bench Press Challenge (open, masters, teenage, women, junior)
Mr. Iron Man, Ms. Iron Woman Over 40 Mr. Iron Man A.P.C. National Qualifier December 8th, 2007 (Fresno, CA) Bob & Kim Packer 559-322-6805, 559-323-3892

Ladnier, 228-669-4240, theladinc@bellsouth.net, www.joeladnier.com, americanstrengthlegends.com
21 OCT, Norwich YMCA BP/DL/CR (Norwich, NY) Shannon Gawronski, 607-336-9622 x24 or front desk.
21 OCT, 19th Indian Summer Push/Pull (Granger, IN) Jon Smoker, jrcsmoker@hotmail.com
21-27 OCT, IPC World PL/BP (Calgary, CAN) Brian Johnston, Independent Powerlifting Association 403-215-4549
27 OCT, USAPL Central PA 'Halloween Havoc', Richard Davis, Box A, Rt. 26, Bellefonte, PA 16823, 814-355-4874 x229
27 OCT, ANPPC National PL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
27 OCT, 3rd Westminster Family Center Open BP, WFC, 11 Longwell Ave., Westminster, MD 21157, Scott Bixler, 443-789-9452, sbixler1229@verizon.net
27 OCT, WNPFF Police, Fire, Military Nationals & Sacramentos, Masters Nationals & North American Open (Atlantic City, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>
27 OCT, APF Texas Cup (men, women, below I, masters, juniors, submasters - Plano, TX) Flexion Strength Systems, Sequin Fitness, 114E. Mountain, Sequin, TX 78155, 800-378-6460, www.sequinfitness.com, sequinfitness@satx.rr.com
27 OCT, 100% RAW Masters Nationals BP/SC Championships (Wildwood, NJ) Bret Kemoff, VT@rawpowerlifting.com
27 OCT, IPA Iron House Open PL & BP (Zanesville, OH) Mike Maxwell 740-704-

4747, download entry at www.ironhousezanesville.com
27 OCT, NASA Kentucky Regional (PL, BP, PP, PS - Louisville) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhpower.com
27 OCT, IBP South Carolina PL, Core 24 Gym, Seneca, SC, Keith Payne, 336-251-8704, keith@ironboypowerlifting.net
27 OCT, APF Wolverine Open (\$2K in prize money) Mike White, 269-207-8316
27 OCT, NASA Iowa Regional (Un/Equipped, PL, PS, PP, BP Only - Des Moines, IA) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, sqbpdl@aol.com
27 OCT, Canon Fitness Bench Press for Charity, (Canonsburg, PA), Barry Pochiba, 412-600-2600, powerlifters@hotmail.com
27 OCT, USPF/NAS Regional PL and WV Open Strongman (Pro Performance Mylan Park, Morgantown, WV) Matt McCasie, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, 304-983-pro, www.performancex.com
27 OCT, APA Iron Gladiators of the West PL, BP/DL/PP (Sacramento, CA) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm
27 OCT, USAPL Michigan PL/BP, Tod Miller, 73 N. Pine Rd., Plainwell, MI 49080, 269-664-4814
27 OCT, AAU Crain BP/DL Open, Rickey Dale Crain, 3803 North Bryan Rd., Shawnee, OK 74804, 405-275-3689, 800-272-0051
27-28 OCT, USAPL New York, Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845-778-1884, fpanaro@hvc.rr.com
28 OCT, 5th Big Dog Classic (BP, DL, Ironman - Blackstone's Gym, 120 W.

UPCOMING SLP COMPETITIONS
 29 SEP, SLP National Championships (Tuscola, Illinois)
 6 OCT, SLP Tennessee State (Lexington, TN)
 13 OCT, SLP Oklahoma State (Tulsa, OK)
 14 OCT, SLP Flex Fitness Strongest in Arkansas (Dover, AR)
 Son Light Power
 122 W. Sale, Tuscola, IL 61953
 217-253-5429
www.sonlightpower.com sonlight@netcare-il.com

NASA Powerlifting & Power Sports
October
 6th - Wisconsin PS/PP, Germantown, WI
 6th - East Texas Regional, Tyler, TX
 6th - Can-AM International, Minot, ND
 6th - W. Virginia Regional, Ravenswood, WV
 13th - Arkansas Regional, Russellville, AR
 20th - Unequipped Nationals, OKC, OK
 27th - Iowa Regional, Des Moines, IA
 27th - Kentucky Regional, Louisville, KY
 OCT - Arkansas Regional, Russellville, AR
November
 3rd - National Masters/Submasters, Mesa, AZ
 10th - Kansas City Regional, Kansas City, KS
 17th - Colorado Regional, Loveland, CO
 17th - NASA/YMCA Great Lakes Regional, Chicago
 17th - Southeastern States, Bristol, VA
 24th - Kansas Regional, Salina, KS
December
 1st - New Mexico Push-Pull, Rio Rancho, NM
 1st - Missouri Regional, Joplin, MO
 8th - West Texas Regional, Hereford, TX
 15th - Illinois Christmas Regional, Flora, IL
February 2008
 16th & 17th - Ohio State HS & Teen Nat's, Springfield, OH
March
 15th - Power Sports Nationals, Oklahoma City, OK
 16th - 1st Annual Pro Power Sports Championships
 29-30th - High School Nationals, OKC
July
 12th - Youth Nationals, Ravenswood, WV
 Complete NASA Coming Events and Entry Forms at: www.nasa-sports.com
 Coming in 2008 - NASA Pro Power Sports

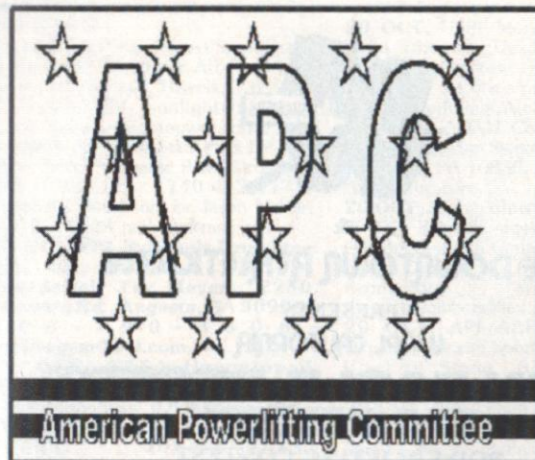
PREMIER FITNESS **TOM FOLEY** **U.S.A. POWERLIFTING**
USAPL 5th Annual Tom Foley Bench & Deadlift Classic Saturday, November 3, 2007 Drug Free @ 10:00 a.m.
 Premier Fitness
 430 Nanuet Mall South
 Nanuet, NY 10954
 (845) 920-0501
www.premierfitnessny.com
 ~ALL WEIGHT CLASSES~
Proceeds go to the Thomas J. Foley Memorial Scholarship. Tom Foley lost his life on September 11th, helping rescue people from the Twin Towers. Tom was part of Rescue 3 FDNY.
 * Drug Testing Will Be Performed the Day of the Meet *



to the Thomas J. Foley Memorial Scholarship to Clarkstown South High School. Tom Foley lost his life on September 11th, helping rescue people from the Twin Towers, and was part of Rescue 3.
29 OCT-4 NOV, WPC Worlds/WPO SemiFinals (Russia) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744, 630-896-7309, www.worldpowerliftingcongress.com
OCT, NASA Arkansas Regional (Russellville, AR) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
OCT, USAPL FL Collegiate State BP/PL, Jim Dundon, 717 Zebra Pl., Ft. Myers, FL 33913, 239-590-7709
OCT, NASA Kentucky Regional (PP, BP, PL, PS - Hester's Fitness Center, Louisville, KY) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guh@wirefire.com
OCT, APF New England Open BP (Amoskeag Inn, Manchester, NH) Dave Follansbee or Maggie Blanchard, 865 Second St., Manchester, NH 03102, 603-626-5489, nhbobybuilding@yahoo.com, AmericanPowerlifting.com
OCT, WNPFF Can-Am (Youngstown, OH) Ron 330-792-6670, powerl103@aol.com
3 NOV, NASA Masters & Submasters Nationals (Un/Equipped/PL/PS/PP/BP Only - Mesa, AZ) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, sqbpdl@aol.com
3 NOV, WLOP CT Classic Power Competition (BP/T-Bar/SC, raw & drug free, all ages & weight classes, Elite, Masters, Amateurs Youth, Trophies awarded, entry fees - Radisson Hotel, 7320 Greenleaf Ave., Whittier, CA) WLOP, 7238 S. Painter Ave., Whittier, CA 90602, 562-693-8005

UPCOMING WNPFF MEETS DRUG FREE POWERLIFTING (Raw, Single Ply, Unlimited)
 13 OCT, WNPFF Palmetto BP/DL/SC
 27 OCT, WNPFF Nationals
 OCT, WNPFF Can-Am
 9-11 NOV, WNPFF World PL&BP/DL/SC
 WNPFF, PO Box 142347, Fayetteville, GA 30214
 678-817-4743 or wnpf@aol.com
 website - members.aol.com/wnpf

THE DOWNTOWN ATHLETIC CLUB
 PRESENTS
 USAPL CALIFORNIA
"IRON EAGLE DESERT THUNDER"
 POWERLIFTING CONTEST
 SATURDAY NOVEMBER 3, 2007
 AT THE FANTASTIC DOWNTOWN ATHLETIC CLUB OF HEMET, CALIFORNIA
 Also a RAW Qualifier
 THIS IS THE FALL CLASSIC THAT YOU WILL NOT WANT TO MISS
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 OR CALL MIKE WOMELSDORF AT 909.880.2948
USAPLCACHAIR@AOL.COM
 DOWNTOWN ATHLETIC CLUB OF HEMET
 630 Latham Ave, Hemet, Ca. 92543
 Chester Smith 951.652.4303

www.worldlegionofpower.com
3 NOV, USAPL 5th Tom Foley BP/DL Classic, Brian Fahrenfeld, 430 Nonuet Mall S., Nanuet, NY 10954, 201-463-5250
3 NOV, USAPL Ohio PL/BP (men's open, master, raw, P/F, teen, team, women's open, raw - Bedford, OH) Frank King, King's Gym, 24775 Aurora Rd., BedfordHts., OH 44146, 440-439-5464, www.kingsgymohio.com
3 NOV, WPA Open Worlds (Summitt II Fitness, 1650 NW Woods Chapel Rd., Blue Springs, MO 64015) Rodney Wood 417-256-2297, rodwood1967@yahoo.com, Bill Duncan 410-474-1071, mopowrlftr@yahoo.com
3 NOV, USA Raw BP Federation World (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
9-11 NOV (NEW DATE), 16th WNPFF World PL & BP/DL/SC (Atlanta, GA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>
10 NOV (NEW DATE), Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernvarawpower.com
10 NOV, APF 2007 Xtreme Powerlifting SC Championship, (Columbia, SC) Will Millman, Shelter223@aol.com
10 NOV, ADFPF Open PL & Single Events (unequipped/equipped - Canton High School, Canton, IL) Meet Director Chris Siders, 309-837-2111, www.adfpf.org
10 NOV, AAU Fred Rogers/Paul Smart BP/DL Classic (Donselaars Partyhouse, Clyde, NY) Steve Rogers 315-365-337
10 NOV, USAPL Thunderdome Classic, Jack Kaplan, 2146 Embden Pond Rd.,



The APC is the only American Federation that truly exists for the lifters. The proceeds from all membership card sales goes into the Athlete's Fund to help pay for travel to the GPC World Powerlifting Championships.

October 21-27, 2007 GPC World Powerlifting and Bench Press Championships, Calgary, Canada. Brian Johnston, Independent Powerlifting Association 403-215-4549

December 8, 2007, APC California Ironamn, Fresno, Ca. Bob Packer 559-322-8365

April 12, 2008, Georgia State Open Powerlifting and Bench Press Championships, L.B. Baker, 770-713-3080

For more information; www.americanpowerliftingcommittee.com
IronDawg Power, www.irondawg.com

Emden, ME 04958, 207-566-5727

10 NOV, WNY USPF BP/DL (Webster, NY) Mike Kenney 585-313-4327, mkesar@frontiernet.net

10 NOV, USAPL Ohio PL & BP, Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464

10 NOV, Oregon Old School Spirit Classic (no sanction, no gear, no singlets, no Monolift - Newport Hallmark Resort) bigbearsym@hotmail.com, 541-961-3845

10 NOV, APA Southeast Coast (BP, DL, PP, SC - Georgetown, SC) Scott Taylor, 5833 First St. #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com

10 NOV, USAPL Southeastern USA Regional BP/PL, Rob Keller, 2276 Nova Village Dr., Davie, FL 33317, 954-790-2249

10 NOV (DATE CHANGE), NASA Kansas City Regional (Kansas City, KS) Jim Duree, jduree7086@aol.com

10 NOV, SLP Ohio State BP/DL (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

10 NOV NEW DATE, 23rd Southeastern Cup PL & BP Classic (Adel, GA) Buddy Duke, (work) 229-896-3988, (gym) 229-896-3035, bduke@southlink.us

10 NOV, USAPL Hudson Natural Open (New Richmond, WI) Shawn Cain, 1040 192nd Ave., New Richmond, WI 54017, 715-246-3560

11 NOV, AAU Bench Press (Renaissance Hotel, Walnut Creek, CA) Tom or Tory at Raw Center for Strength 925-930-0519

15-20 NOV, WABDL World Championships (Anaheim Hilton Hotel, Anaheim, CA) Gus Rethwisch, 763-545-8654 or 503-901-1622

17 NOV, SLP Kentucky State BP/DL (Louisville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

17 NOV, USAPL MA/RI States Open PL (Clubex Fitness, E. Bridgewater, MA) Greg Kostas, PO Box 483, Whitman, MA 02382, 781-447-6714 Sun-Thur 8-10pm

17 NOV, USAPL 17th ID State Open & Bill's Badass BP, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-7115

17 NOV, NASA Colorado Regional (Un/Equipped, PL, PS, PP, BP Only - Denver, CO) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

17 NOV, US Open BP/DL (Pittsburgh, PA) Matt McCasie, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccasie@yahoo.com

17 NOV, 3rd Annual NASA/YMCA Great Lakes Regional, David Oyler & Cheryl Targos, Leaning Tower YMCA, 6300 W. Touhy Ave., Niles, IL 60174, 847-828-8964

The CT Classic Power Competition

Sanctioned by:

World Legion of Power

A nonprofit, public service agency dedicated to serving the power lifting brotherhood.
"Becoming People of Honor with Wisdom"



C.T. Fletcher
Chairman & Co-founder
World Champion

Saturday
Nov. 3, 2007

RAW & DRUG FREE

Special Guest Appearance by
The Radical Reality Team



Dr. Arnold Nerenberg
CEO & Co-founder
World Champion

Location:	The CT Classic Competition	Registration
RADISSON HOTEL 7320 Greenleaf Ave. Whittier, CA 90602 562.945.8511	All Wt. Classes • All Ages • Trophies Awarded Elite, Masters, Amateurs, Youth Entry Fee: \$40.00 Per Event • Membership Fee: \$25.00 Make checks payable to: WLOP 7238 S. Painter Ave. • Whittier, CA 90602 562.693.8005 www.worldlegionofpower.com	Check In: 9:00 am Weigh In: 9:30 am Competition Starts: 10:30 am
*Special rates for WLOP members \$79.00/Night		

Bench Press **T-Bar Strongman Pull** **Strict Curl**



Set World, National & State Records

*NO BENCH-PRESS SHIRT
*SINGLET PREFERRED

STREET PHYSIQUE - A new body-building contest

How powerful do you look on the Street? How powerful is your presence?

• No body-building poses • No oils or padding • Drug Free
• Fully dressed (Pants or shorts, tank top or short sleeved shirt)

"Power Presence" is determined from contestants' appearance of strength and attitude after they walk up to a microphone, state their name and where they're from. Trophies and titles awarded for "World's Most Powerful Street Physique."
It is our intention to constructively impact society physically, emotionally and spiritually for at least 1,000 years.

The CT Classic Power Competition • Sanctioned by The World Legion of Power •

Name: _____ Phone #: _____ Age: _____ Weight: _____
Address: _____ City: _____ State: _____ Zip: _____

I know that my participation in World Legion of Power activities is potentially hazardous and can cause bodily injury or death. I assume all risk for any injury resulting from my involvement in WLOP sport activities.

X _____ Date: _____
(Participants Signature/Parents/Guardian Signature if participant is under 18 years old)

Check here if already a WLOP member. **We would appreciate receiving your application by 10/15/07**

17 NOV, NASA Southeastern States Regional PL, BP, PP & PS (Bristol, VA) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com

17 NOV, Omaha Open (AV Sorensen Rec Center, 4808 Cass) Keith Machulda, 402-444-5596

17 NOV, 100% Raw World Bench Press Championships (Currituck, NC) Paul Bossi, 252-336-4188, pres@rawpowerlifting.com

17 NOV, US Open BP/DL Championships (Pittsburgh, PA) Matt McCasie, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, 304-983-prol, www.performancex.com

17-18 NOV, USAPL Bench Press Nationals, Dan Gaudreau, 155 S Dearborn Circle, Aurora, CO 80012, 303-475-3366

17, 18 NOV, IPA Senior Nationals (York Barbell, 3300 Board Rd., York, PA 17406) Mark Chaillet 717-7495-0024, Ellen Chaillet, echaillet@aol.com, www.ipapower.com

17, 18 NOV, WDFPF PL Worlds (Grangemouth, SCT) Hamish Davidson, www.wdfpf.org, www.wdfpf.cc

18 NOV, ADAU Connecticut State Open (Brookfield, CT) Rob Delavega, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548, phgbrookfield@sbcglobal.net

24 NOV, NASA Kansas Regional (Un/Equipped, PL, PS, PP, BP Only - Salina, KS) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

NOV, USAPL Southeastern USA Regional Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

NOV, USAPL Police & Firefighter National Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

1 DEC, 7th Pocket Samson's Christmas BP/DL Strength Championships (men, women, all divs./wt. classes) Powerhouse Gym, 1030 Baltimore Blvd., Westminster, MD 21157, Glenn 410-634-9195

1 DEC, AAPF/APF Christmas Bench Bash, (all divs./classes/team - Elk River, MN) Jerry Gnerre, 763-753-0569 or Dave 763-441-4232

1 DEC, NASA New Mexico Championships (PS, PP - Rio Rancho, NM) Mike & Teale Adelmann, mike@liftinglarge.com

1 DEC, NASA Missouri Regional (Un/Equipped, PL, PS, PP, BP Only - Joplin, MO) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

1 DEC, SPF Record Breakers Meet /APF Record Breakers Meet (State, National, and World Records, equipped/raw PL, PP, SQ, BP, DL - East Ridge Convention Center, Chattanooga, TN) Jesse Rodgers, 423-876-8410, www.southernpowerlifting.com, rogersmadmax@bellsouth.net

1 DEC, APF Texas Gulf Coast (men, women, below I, masters, juniors, submasters - Beaumont, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, sequinfitness@satx.rr.com

1 DEC, SLP Tennessee Christmas for Kids BP/DL (Memphis, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

1 DEC, AAU Midwest Sr. States (Iowa), Tim Anderson, 2181 Hwy 77, Lyons, NE 68038, 402-687-4182

1 DEC, AAU All South BP (Easley, SC) Judy Wood, after 7pm est 804-559-4624, VAPowerlifting@aol.com

1 DEC, Walker's Gym Deadlift Classic (Walker's Gym, Hopewell, VA) Barry Walker, 804-458-7918

1,2 DEC, 100% RAW Teenage World Championships (Entry deadline November 3, All lifters and teams receive awards - location??) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

1,2 DEC, 100% RAW Open & Masters World Championships (Entry Deadline November 3, All lifters and teams receive awards) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

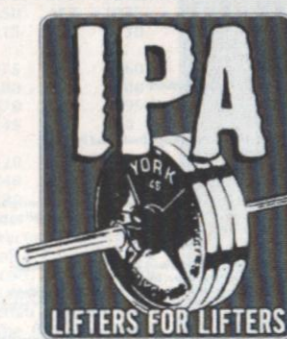
1,2 DEC, AAU International BP/DL/PP/PL (Ballroom Plaza hotel, Las Vegas NV) Martin Drake, PO Box 108, Nuevo, CA 92567, 951-928-4797

1,2 DEC, USAPL American Open PL/BP (Scranton, PA) Steve Mann, www.purepowerlifting.com

6 DEC, USPF NorCal Open PL/BP/DL (Sacramento, CA) Steve Denison, 661-333-9800, pwrfltrs@msn.com, www.powerliftingCA.com

8 DEC, APF Rio Grande Valley (men, women, below I, masters, juniors, submasters - McAllen, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, sequinfitness@satx.rr.com

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Chaillet's Private Fitness,
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Or Email: Ellen Chaillet
at echaillet@aol.com

Thanks to our Event Sponsors:

York Barbell
3300 Board Rd., York, PA 17406

8 DEC, 54th APC Ironman Open, Bob & Kim Packer 559-322-6805, 559-323-3892

8 DEC, WNPFSarge McCray BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wmpf

8 DEC, USAPL Virginia State PL/BP/DL/Ironman, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434-985-3932

8 DEC, 3rd Annual IPA Christmas Carnage & IPA Qualifier (Full power, BP - Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com

8 DEC, Northern California Open PL, BP, DL (Yuba City, CA) Steve Denison, 661-333-9800, pwrfltrs@msn.com

8 DEC, SLP Arkansas Christmas for Kids BP/DL (Glenwood, AR) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

8 DEC, NASA West Texas Regional (Un/Equipped, PL, PS, PP, BP Only - Hereford, TX) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

8 DEC, USA Power Open BP/DL (B&R Family Fitness Club, 1040 Mill Creek Dr., Feasterville, PA 19053) Dave West, 215-355-2700 X130

8 DEC, APA Northeast US PP/BP/DL (Fair Haven, VT) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm

8 DEC, USAPL Maryland PL & Open BP (Annapolis, MD) Jim Roberts, 301-875-2544, jim@midatlanticpowerlifting.com, www.marylandpowerlifting.blogspot.com

8 DEC, APC Virginia PL, BP, DL (Brute Strength Gym, 836 Poplar Hall Dr., Norfolk, VA) Gayle Schroeder, Meet Director, 757-650-5410, 757-893-9111, schroeder_gayle@yahoo.com, www.powerandstrength.com

8 DEC, SSA Winter Assault BP/DL/Ironman (DLS Center, Fitzgerald, GA) Chris Kite 229-424-4075

8-9 DEC, USAPL Colorado State, Dan Gaudreau, 16653 E 7th Place., Aurora, CO 80011, 303-475-3366

9 DEC, WNPFL Delaware BP, DL, C (Seaford, DE) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wmpf

9 DEC, ADAU Coal Country Classic (Bigler, PA) Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, Al@pikitung.com

9 DEC, SLP Oklahoma Christmas for Kids BP/DL (Sallisaw, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

15 DEC, NASA Illinois Christmas Regional (Un/Equipped, PL, PS, PP, BP Only - Flora, IL) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

15 DEC, 20th Elkhart BP Classic (Elkhart, IN) Jon Smoker, jrsmoker@hotmail.com

15 DEC, AAU Massachusetts State Open, Larry Larsen, 781-767-0764 (h), powerrack@comcast.net

15 DEC, 100% Raw Christmas Classic BP, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

15 DEC, APA US Open PL/PP/BP/DL, Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm

15 DEC, Iron Chamber Gym BP/DL (Sandy Valley High School, Magnolia, OH) Jeff Begue, 330-844-1011

29 DEC, SLP The Last One! BP/DL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

29 DEC, 2nd Annual Boyertown YMCA/Gene Rychlak, Jr. Bench Classic, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823, or Mike McDonough, Boyertown YMCA 610-754-7010

DEC, 100% RAW Worlds (W. Melbourne, FL) Spero Tshontikidis, tshontis@brevard.k12.fl.us

12 JAN, 100% Raw Old Dominion Classic BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

12 JAN, Chippewa Classic Open Powerlifting Meet (Chippewa Falls, WI) Job Hou-Sey, 1-888-JOB-HOUSEYE, statechairman@wisconsinpowerlifting.com, aandz.insurance@sbcglobal.net

25 JAN, USPF Super Bench & Deadlift Sunday (Chatsworth, CA) Kevin Meske, 818-899-7555, warrior01@earthlink.net

16 FEB, Red Brick Championships (Assist. Raw, all weight & age divisions - Lewiston Red Brick School, Lewiston, NY) Dennis Brochey, Meet Director, 205 N. 5th St., Lewiston, NY 14092, 716-200-3533, edbrochey@roadrunner.com. This is a benefit meet for

our troops overseas and their families back here.

16 FEB, SSA Full Power/Ironman/Single Lift (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com

16-17 FEB, NASA Ohio State High School & Teenage Nationals PL, BP, PP & PS (Springfield, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com

16-18 FEB, Los Angeles Fit Expo (Scott Mendelson Bench Press Classic), info@thefitexpo.com

17-19 FEB 08, USAPL Women's Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

23 FEB, 2nd Annual Barno/Newman Classic & IPA Qualifier (Full power, BP - Ashton, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com

15 MAR, Walker's Gym Bench Press for St. Jude's Hospital (Walker's Gym, Hopewell, VA) Barry Walker, 804-458-7918

15 MAR, 100% Raw United States Open BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

15 MAR 08, NASA Power Sports Nationals (Un/Equipped/PS/BP/PP - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

16 MAR 08, NASA 1st Annual Pro Power Sports Championships (Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

28-30 MAR, RAW United High School Submasters & Masters Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, March 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

28-30 MAR 08, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814

29-30 MAR, USAPL California State PL/BP/DL (Bakersfield, CA) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com

29-30 MAR 08, NASA High School Nationals (Un/Equipped, PL, PS, PP, BP Only - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

30 MAR, 9th Pittsburgh Monster BP/DL (men/women, all classes) Mike Baravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996

MAR 08, NASA Kentucky (PL, PS, PP, BP Only -) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

12 APR, APC Georgia State Open PL/BP, L.B. Baker, 770-713-3080

19 APR, Kern County High School Meet (Bakersfield, CA) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com

19, 20 APR, Powerpalooza 10 (Full power, BP, DL - Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com

26 APR, 100% Raw Virginia State BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

26-27 APR, IPA Iron House Classic PL & BP (Zanesville, OH) Mike Maxwell 740-704-4747, download entry at www.ironhousezanesville.com

APR (dates TBA), Triple Crowne Classic, Law/Fire Nationals, Military Nationals, East Coast Bench Press

12 JUL, NASA Youth Nationals & W

2007 AAU POWERLIFTING MEETS

*Below is a list of meets being offered by the AAU Association
AAUSports.org*

September 28	AAU Granite City Iron War Barre, VT Best Kettlebell by Eric Crumpton 802-865-2747
October 12-14	AAU 3 BB World, Single Bench Press, Single Deadlift and Push-Pull Powerlifting Championship DISNEY WORLD - Orlando, Florida More information: vapoworflifting@aol.com Phone: 804-559-4624 Target your discount park tickets and hotel information book your travel plan through AAU National Headquarters - Michelle Vargas 407-828-2756 or email www.michelle.vargas@aausports.org Entry packets will be available via AAUSports.org
December 1st	1st Annual "Vernon Holiday" AAU All South Bench Press Championship Easley, SC - Patty & Eddie Barnett (Meet Directors) Phone: 864-850-1206 or email application requests at epl@jhs.charter.net Event will be hosted by VA Powerlifting Association (804)559-4624 or vapoworflifting@aol.com
Dec 1-2	AAU International Powerlifting, Bench, Deadlift and Push/Pull Championship Plaza Hotel One Main Street, Las Vegas, Nevada Martin Drake - 951-928-4797 or gmat@powerlifting.com
December 15	AAU 2007 Massachusetts State Fall Meet (open to all districts) Sudbury, Mass More information: pmscrack@comcast.net Larry Larsen - 781-767-0764
2008	
April 2008	2008 Triple Crowne Classic, Law/Fire Nationals, Military Nationals, East Coast Bench Press Classic Richmond, VA More information: vapoworflifting@aol.com Judy & Steve Wood - 804-559-4624 Application at later date

Classic (Richmond, VA) Judy & Steve Wood, 804-559-4624, vapoworflifting@aol.com

3 MAY, USPF San Diego Open PL/BP/DL, Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com

7-11 MAY 08, USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249

16-17 MAY, USAPL Texas State, Hector Munoz, 108 S. 18th, Carrizo Springs, TX 78834, 361-813-9691

17 MAY, San Jose Open PL/BP/DL, Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com

30 MAY-1 JUN, RAW United Senior Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, May 10) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

31 MAY, SSA Full Power/Ironman/Single Lift (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com

MAY '08, WDFPF European Single Event Championship (Como, Italy) www.wdfpf.cc

13-14 JUN 08, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

14 JUN, USPF Muscle Beach BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com

21 JUN, USAPL SC State (Brickhouse Gym) Dan Austin, 215 Windsorcrest Rd., Columbia, SC 29229, 803-736-1956

28 JUN, 100% Raw Freedom USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

12 JUL, NASA Youth Nationals & W

Open BP, PP & PS (Ravenswood, WV) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com

12 JUL, USPF Fresno Open PL/BP/DL, Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com

1-3 AUG, RAW United Teenage & Women's Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, July 12) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

6 DEC, USPF NorCal Open PL, BP, DL (Sacramento, CA) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com

13 DEC, 100% Raw Christmas Classic BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

2 AUG, USPF Muscle Beach Push Pull BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com

2 AUG, SSA Backyard Bench/Deadlift/Iron Man (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com

23 AUG, 100% Raw Eastern USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

13 SEP, USPF Muscle Beach PL/BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com

3-5 OCT, RAW United Armed Forces Nationals (open to active duty soldiers, reservists, guardsmen, and veterans, all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, September 13) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

4 OCT, USPF Central California Open PL/BP/DL (Modesto, CA) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com

11 OCT, SSA Full Power/Ironman/Single Lift (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com

18 OCT, USPF Monster Beach & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskoe, 818-899-7555, warrior01@earthlink.net, www.powerliftingCA.com

OCT/NOV '08, WDFPF Single Event World Championship (Belgium) www.wdfpf.cc

5-7 DEC, RAW United World Championships (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, November 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

6 DEC, USPF NorCal Open PL, BP, DL (Sacramento, CA) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com

13 DEC, 100% Raw Christmas Classic BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

**USAPL New England States
19 MAY 07 - E. Bridgewater, MA**

Powerlifting SQ BP DL TOT
WOMEN
Masters
T. Michaels 225 100 260 585
Grandmasters
D. Crosby 185 125 200 510
D. Mason 230 140 280 650
Open
J. Cameron 315* 175* 345* 835*
MALE
Special Olympics
M. Kardok 245 175 315 735
Teen I (14-15)
R. Moore 415 260 480 1155
N. Denno 300 185 365 850
J. Fadel 250 175 340 765
Teen II (16-17)
P. Ouelette 420* 270 500* 1190
S. Grassa 360 300 500 1160
D. Orsi 255 185 300 740
E. Jancin 460 355* 450 1265
B. Lane 145 215 420 780
B. Zeghibe 230 185 300 715
L. Jaimes 420* 55 145 620
Teen III (18-19)
J. Norcott 600* 340* 570* 1510*
A. Mangan 520 365 565 1450
E. Minelli 405 255 510* 1170
J. Walsh 445 270 455 1170
J. Nappa 440 315 430 1185
K. Nedd 470 275 515 1260
B. Johnson 400 280 440 1120
S. Linnane 265 225 355 845
P. Iodice 370 220 260 850
Juniors (20-23)
C. Sprague 485 345 500 1330
M. Sirignano 575 380 545 1500
C. Murray 405 325 450 1180
A. Healy 325 265 405 995
D. Emar 440 350 445 1235
L. Fiorenzano 405 320 410 1135
G. Marston 430 300 450 1180
Submasters (35-39)
F. Juszynski 425 300 545 1270
Masters I (40-44)
J. Ascani 555* 300 595 1450
D. Fusco 480 290 520 1290
R. Johnson 475 280 520 1275
J. Zambello 405 275 475 1155
Masters II (45-49)
K. Rossi 600 475 585 1660
Masters III (50-54)
D. Schuman 525 320 500 1345
B. Davignon 500 325 500 1325
J. Speaks 500 400 500 1400
P. Mears 400 210 430 1040
J. Burke 350 290 410 1050
M. Rainey 385 335 525 1245
Masters IV (55-59)
K. Conroy 385 315 430 1130
J. Rizza 400 160 400 960
T. Kerrigan 320 290 200 810
Masters V (60-64)
Archambault 370* 210 420 1000*
Open
148 lbs.
P. Mears 400 210 430 1040

165 lbs.
S. Ritucci 390 310 485 1185
181 lbs.
L. Greene 540 365 550 1455
K. Beuregard 400 310 465 1175
198 lbs.
A. Scolaro 600 385 590 1575
J. Norcott 600 340 570 1520
J. Ascani 555 300 595 1450
B. Davignon 500 325 500 1325
R. Johnson 475 280 520 1275
D. Emar 440 350 445 1235
K. Conroy 385 315 430 1130
K. Rossi 600 475 585 1660
J. Speaks 500 400 500 1400
P. Gilmore 425 370 500 1295
M. Brith 315 245 420 980
242 lbs.
McDonough 550 420 540 1510
Salokangas 480 340 555 1375
T. Kerrigan 320 290 200 810

*=State Records. Venue: Club Fitness and Nutrition. Meet Director: Greg Kostas. Best Lifter Women: Jennifer Cameron. Best Lifter I: Jonathan Norcott. Best Lifter II: Kevin Rossi. Team Standings: 1st-Next Level Fitness, 2nd-Xaverian Brothers High School, 3rd-Powerfit. The following lifters went 9 for 9: Emilio, Doug Emar, Paul Mears, Jonathan Norcott, Benn Johnson-Tatelbaum, Joe Walsh, Joe Rizza, Paul Gilmore. Meet Officials: Greg Kostas, Joe Wencus, Rich DeLeon, Bobbie Newguard, Lianne Blynn, Disa Hatfield, Eric Kupperstein, Tom Weeks, Saul Mickelson. Our contest drew lifters from Massachusetts, Rhode Island, Connecticut, Maine, New Hampshire, New York as well as Canada once again! This time we had two of our 2006 IPF World Champions present at the contest, both from New England. Eric Kupperstein and Lianne Blynn once again assisted with officiating. Fred Archambault at 84 years old set NH State Records on both the squat and total with a personal best total of 1000 lbs! On another note, when re-tabulating the results, errors were discovered with the placings and totals in the Men's Junior Division. We have corrected the placings in this class and will get the correct medals to the contestants who were affected by this mishap. I sincerely apologize for these miscalculations. In closing I would like to thank everyone who assisted in any capacity with the running of another successful USAPL competition. Your help is, as always, most appreciated! A big thanks to Mark Pellegrini, Bob Lang and the members of Clubex Fitness & Nutrition for hosting this event. And last but definitely not least, thanks again to all of the lifters, spectators and sponsors who continue to support our USAPL events. I hope that everyone enjoys their summer and we hope to see you in November. God Bless, Yours in powerlifting. (Thanks to Greg Kostas, USAPL MA State Chair, for results)

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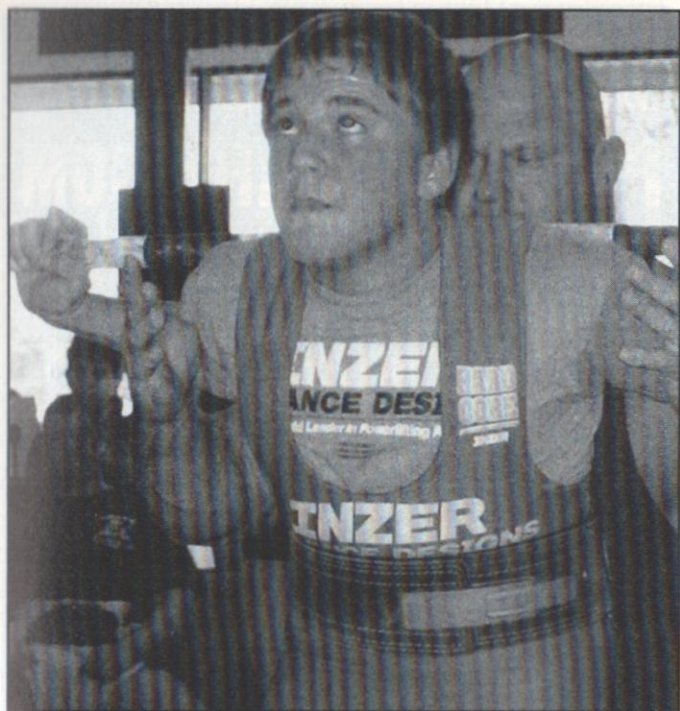
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Incline Bench (raw) 605 x 1
Nosebreakers 315 x 4
Seated Front Raises 105's x 6
Standing Laterals 115's x 4
Military Press 405 x 5, 455 x 3
DB Military Presses 100's x 50
Hangcleans with press 315 x 8
Bent-over rows 495 x 5, 545 x 5

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Joey Ladnier at the AAPF Nationals, came up with a 551 squat, but settled for a 512 record as a light 181, only 1 week after he turned 15. Joey is on a sponsored paintball team, which finished 4th in the World Cup in Orlando, FL last year. (photo courtesy of Joe Ladnier)

Powerlifting	SQ	BP	DL	TOT	C. McIntosh	391	253	407	1052
FEMALE									
Teen (13-15)									
105 lbs.									
M. Fontenot	226	115	242	584					
123 lbs.									
A. Harris	314	181	270	766					
148 lbs.									
J. Dunn	600	325	457	1383					
Teen (16-19)									
198 lbs.									
A. Railey	352	203	308	865					
UNL									
R. Jordan	507	275	402	1185					
Teen (18-19)									
123 lbs.									
F. Sheppard	281	148	259	688					
148 lbs.									
R. Sweir	314	170	286	771					
Junior									
114 lbs.									
A. Denmon	363	192	264	821					
181 lbs.									
H. Watson	330	159	281	771					
Master (40-44)									
123 lbs.									
M. Kirkland	451	214	402	1069					
Master (55-59)									
114 lbs.									
J. Clough	275	121	325	722					
Open									
123 lbs.									
M. Kirkland	451	214	402	1069					
L. Denmon									
363 176 325 865									
132 lbs.									
A. Franciscus	402	159	303	865					
148 lbs.									
B. Lapierre	440	231	374	1047					
165 lbs.									
A. Watson	424	220	402	1047					
MALE									
Teen (13-15)									
132 lbs.									
B. Duplechain	270	181	270	722					
148 lbs.									
Fredenhagen	264	264	363	892					
165 lbs.									
T. Hawthorn	330	148	314	793					
181 lbs.									
J. Ladnier	512	253	479	1245					
Teen (16-17)									
132 lbs.									
S. Aulds	347	237	385	970					
148 lbs.									
J. Martin	451	226	429	1107					
198 lbs.									
N. Bird	413	237	429	1080					
220 lbs.									
C. McIntosh	391	253	407	1052					
242 lbs.									
B. Alexander	523	402	529	1455					
Teen (18-19)									
114 lbs.									
C. Sonnier	424	220	440	1085					
D. Jones									
606 325 540 1471									
C. Oliver									
402 253 380 1036									
Z. ZenZen									
731 424 589 1746									
242 lbs.									
G. Allen	600	374	485	1460					
275 lbs.									
M. Hammock	793	589	644	2028					
SHW									
D. Blackmon	463	270	402	1135					
Junior									
220 lbs.									
J. Benson	804	584	600	1989					
242 lbs.									
J. Jursich	644	407	501	1554					
Submaster									
181 lbs.									
M. Trulock	512	275	457	1245					
M. Hibbing									
600 308 501 1410									
P. Houston									
584 363 551 1499									
198 lbs.									
R. Clark	705	446	606	1758					
220 lbs.									
E. Staik	622	424	551	1598					
S. Johnson									
628 374 501 1504									
Master (40-44)									
132 lbs.									
T. Smith	479	259	451	1190					
242 lbs.									
P. Wylie	749	518	600	1868					
308 lbs.									
R. Johnson	722	595	556	1873					
Master (45-49)									
148 lbs.									
V. Scelfo	518	303	380	1201					
165 lbs.									
J. Sorrell	540	440	440	1422					
230 lbs.									
Brockelman	688	429	529	1647					
B. McCord									
600 380 507 1488									
Master (50-54)									
165 lbs.									
M. Caliendo	418	336	435	1190					
181 lbs.									
R. Ruettiger	584	352	501	1438					
198 lbs.									
C. Suffredini	485	363	463	1311					
220 lbs.									
D. ZenZen	600	181	402	1185					
Master (55-59)									
148 lbs.									
M. Wider	424	220	457	1102					
242 lbs.									
M. Shealy	451	341	—	793					
Master (65-69)									
165 lbs.									
R. Flores	551	226	540	1317					
M. Larson									
374 170 380 925									
Open									
165 lbs.									
J. Disirolamo	589	429	529	1548					
181 lbs.									
V. Lysobey	650	418	551	1620					
P. Houston									
584 363 573 1521									
D. Cagnolatti									
711 540 556 1807									
D. Tinajero									
198 lbs.									
J. Thomas	749	485	628	1862					
R. Paras									
771 501 545 1818									
M. Luckett									
793 523 633 1951									
220 lbs.									
E. Staik	622	424	540	1587					
J. Clay									
556 391 490 1438									
A. Augustein									
821 485 617 1923									
M. Szudarek									
832 402 639 1873									
242 lbs.									
J. Jenk	643	—	—	643					
T. Irby									
937 551 705 2193									
J. Jordan									
914 573 584 2072									
J. Atef									
832 600 567 2000									
275 lbs.									
M. Downing	551	402	523	1477					
J. Robinson									
859 584 711 2155									
M. Allocco									
903 650 666 2221									
SHW									
C. Moore									
— — — —									

platform was equipped with 'surround sound' with high energy music jacking up the lifters as they took the stage! There was a custom made 'meet theme' backdrop behind the platform that was very impressive! The judging was excellent with the WPC judging crew of Mike McDaniels, Beverly McDaniels, and Garry Frank. The score table was run very well by Pam McKee and Mike Luckett on Friday and Saturday, and Pam McKee and Alex Frank on Sunday. Garry's Hardcore Barbell team served as spotters and loaders and provided maybe the best lifter safety you'll ever see. The lifting was awesome with more American and World records being broken than I can ever remember being broken at one meet. Some of the highlights of the meet starting with the teens on Friday: Mathew Hammock in the 18-19/275's benched 567 to win in Bench Only. Jordan Dunn, at 15 and 148's, squatted 600, benched 325, and deadlifted 457 for a fantastic 1383 total! Joey Ladnier of MS won the 13-15/181's with a 1245 total. 17 year old Jared Martin, at 148, squatted 452, benched 226 and deadlifted 430 to win with an 1107 total. Bret Alexander at 242/16-17 put together a 1455 total and a first place finish. At 114/18-19 Chris Sonnier was impressive with a 1085 total highlighted by a 440 lb. dead lift! Almost 4 times bodyweight weighing in at 110 lbs. Derek Jones won at 198/18-19 with a 1471 total and a big 606 squat. At 220/18-19 Big Zach Zen Zen of Illinois hit big lifts of 733-424-589 for a big 1746 total and first place. 19 year old Mathew Hammock won the 275's with a 793 squat! a 589 bench and a 644 deadlift for an impressive 2028 lb. total! The teen women had some outstanding performances. Among them were 15 year old Amanda Harris at 123's with a 766 total. Alabama's Rebecca Jordan, 16-17 UNL, squatted 507, benched 275 and deadlifted 402 to total a big 1184 and first place only a month after winning the AAPF Alabama Open! Also taking Best lifter at both

meets! Saturday was masters and submasters and was filled with some great lifts and inspirational performances! In Bench Press Only Ed Tabor won at 40-44/198's with a 463 press. Eric Hubbs benched 579 to win at the 275/40-44's, and 52 year old Dave Murphy took the 50-54/242's with a big 501! In Master's Full-Power 40-44 Tim Smith took first at 132 with an 1190 total. Phillip Wylie won at 242 putting up a big 750 lb. squat on his way to an 1868 total. A 722 squat and 595 bench helped Robert Johnson put together his winning total of 1873 lbs. at 308. Highlighting the 45-49's were Vincent Scelfo with a 1201 winning total at 148, James Sorrell with 1422 at 165's and Big Pat Roberts at 49 years old and 220 squatting 777, benching 452 and deadlifting 705 for a huge 1934 winning total. At 50-54/181 class winner Rudy Ruettiger (Rudy! Rudy! Rudy! Sorry!) was impressive with his 1438 lb. winning total! Maybe the most inspiring performance of the weekend was Dick Zenzen (who's son Zach won big the day before) competing to re-qualify for WPC Worlds only 11 weeks after shoulder replacement surgery! Dick is a multi-time World Champion and holds several World records. He was well off of his best numbers and in obvious pain on every lift but still totaled enough to win his class with 1185 and make son Zach and his long time friend and handler Ernie Frantz, both very proud! Mike Wider won the 148/55-59 with an 1102 total at 59 years old. Adding to his list of Best Lifter awards was 69 year old Illinois 165er Rich Flores. The ageless wonder (doesn't look a day over 50!) put up a 1317 lb. total winning the 65-69/65's. In Master's Women Margaret Kirkland was impressive at 40-44/123's with a 452 squat, 215 bench and a 402 deadlift for a 1069 lb. winning performance. Women's best lifter master's was 59 year old 114 class winner Joann Clough totaling 722 lbs. Sunday was Junior, Submaster and Opens and the lifting and battles would be outstanding! The Bench

only began with Jeff Haiduke winning the 165 juniors with a 402 lb. Press. Brothers Brian and Mathew Mulhearn (twins!) had a superb sibling rivalry going at 181 Jr. both opening at 391. Then both missed their second of 407 and 413 respectively. Tied going into the 3rd lift with Brian having the lighter body weight, Brian took the 407 again and got it Now the pressure was on Matthew to win with another shot at 413. He came up short to end a great battle with Brian on top. Lonie Morrison took the win at men open 181 with 463 lbs. In a classic battle of the old lion vs. the young lion it was Dave Murphy (52) in first with 518 over Chad McMullin (36) in second with 501 at open 242's. Eric Hubb was first at 275 with 578 lbs. John Robinson got the win at SHW with a 600 lb. Press. In Submaster's it was Ken Wentworth winning at 181's with 446 lbs. first at 242 was Chad McMullin with his 501 lb. Lift and the winner at SHW with his big 600 press was John Robinson. The Women's full-power began with Amber Denmon taking the win at Jr. 114 with a total of 821 lbs. Heather Watson was the winner at Jr. 181 with a 771 total. The winner at open 123 was 43 year old Margaret Kirkland totaling a big 1069. Open 132 was won by another 43 year old, Alison Francisus with an 865 total. Beth Lapierre won the open 148's with a big 1047 total. Also totaling 1047 and winning at 165's was 19 yr. old Ashley Watson. The Men's Full Power had some superb lifting! Some of the highlight performances included Jim Benson's 804 squat, 584 bench, and 600 deadlift for a 1990 total and first at junior 220. John Digirolo was first at 165 open with a 589 squat, 430 bench, and a 529 deadlift and a 1548 total. Devin Cognolatti won the hotly contested 181 open with a great 1807 total. Hardcore Barbell's Mike Luckett proved to be tireless after working the score table for two day! He still managed to win the 198's with a huge 793 squat, 523 bench and 633 deadlift to total 1951 after just missing a dead lift that would have given him a 2000+ total! Augie Augustein took first at 220 with a 821 squat, 485 bench, and 617 deadlift for a 1923 total. Three 242's topped 2000 lbs. With Florida's Toby Irby coming out on top squatting 936, benching 551, and deadlifting 705 for a winning total of 2193! Second was Jo Jordan (also of Florida) going 914 in the squat, 573 on bench, and 584 on deadlift to total 2072. In 3rd with 2000 lbs. was Joe Atef. Tough class! There were two monstrous performances at 275 also! Massive Mike Allocco squatted 903, benched 650, and deadlifted 667 for a gigantic 2221 total and heavy-weight best lifter; while Josh Robinson was in second with a 859 squat, 584 bench, 711 dead lift and a 2155 total. Tough class again! Impressive at submaster's was 198er Robert Clark going 705 in the squat, 446 bench, and 606 dead lift to total a winning 1758 lbs. Again let me say that Garry Frank and company ran a great Nationals for the second year in a row! I want to thank everyone involved. Especially the Hardeore Barbell members for spotting and loading (not a weight hit the floor in 3 days!), the score table crew of Pam McKee, Mike Luckett and Alex Frank, the judges (Mike, Beverly and Garry) and Ken's Pro Shots Photography for great pictures all weekend! And let me say that I had a great time announcing three days of superb lifting by some great athletes! (via Buddy McKee)

USAPL High School Qualifier
11 MAR 07 - Fenton, MI

MALE	SQ	BP	DL	TOT
114 lbs.				
E. fuller	240	170	350	760
132 lbs.				
M. Fauth	350	175	400	925
148 lbs.				
B. Hudak	370	230	395	995
181 lbs.				
D. Gustinis	450	260	375	1085

(Thanks to USAPL for providing results)

AAPF Nationals
13-15 APR 07 - Monroe, LA

BENCH	M. Hammock	567	Master (50-54)	J. Robinson	600
FEMALE					
Master (40-44)					
165 lbs.					
J. Haiduke	402	Submaster	L. Morrison	463	
181 lbs.					
Open	B. Mulhearn	407	K. Wentworth	446	
148 lbs.					
M. Mulhearn	391	242 lbs.	C. McMullin	501	
P. Toth					
137 Master (40-44)					
C. McMullin 501					
E. Hubbs 578					
MALE					
275 lbs.					
E. Tabor	463	D. Szymanski	578	SHW	
Teen (18-19)					
275 lbs.					

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Check the box that applies below

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USPF Muscle Beach
9 JUN 07 - Venice Beach, CA

BENCH		275 lbs.
WOMEN		S. Denison 546
105 lbs.	A. Aerts	463
Junior (19-23)	E. Paez	408
J. Rankin-Gee 83	308+ lbs.	
Open	A. Ramsey	254
105 lbs.	Master (40-49)	
J. Rankin-Gee 83	Wilks formula	
114 lbs.	181 lbs.	
B. Aerts 106	A. Williams	—
198+ lbs.	220 lbs.	
K. Radon	B. Dunham	524
Master (40-49)	275 lbs.	
114 lbs.	S. Denison	546
B. Aerts 106	D. Hester	424
Master (60+)	308 lbs.	
165 lbs.	D. Marr	584
B. Olds 66	Master (50-59)	
MEN	Wilks formula	
Junior (16-18)	181 lbs.	
Wilks formula	J. Alvarez	342
148 lbs.	242 lbs.	
L. Zanetti 220	R. Carbo	—
165 lbs.	275 lbs.	
T. Adams 281	A. Aerts	463
308+ lbs.	Master (60+)	
J. Cooper 463	Wilks formula	
Junior (19-23)	132 lbs.	
Wilks formula	J. Andres 165	
198 lbs.	181 lbs.	
L. Guisinger 353	Mullendore 187	
220 lbs.	198 lbs.	
G. Butler 452	R. Tsutsui 325	
L. Andrews 331	DEADLIFT	
Open	242 lbs.	
132 lbs.	Junior (19-23)	
M. Wong 231	105 lbs.	
181 lbs.	J. Rankin-Gee 215	
D. Jurgens 314	Open	
198 lbs.	105 lbs.	
P. Russell 325	J. Rankin-Gee 215	
A. Kaminsky 309	114 lbs.	
G. Hagins 303	B. Aerts 209	
A. Fregoso 231	Master (40-49)	
242 lbs.	114 lbs.	
R. Girard 623	B. Aerts 209	
P. Andrews 441	Master (60+)	
M. Borunda 309	165 lbs.	

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B. Olds 165	MEN	D. Jurgens 650	Wilks formula	Master (60+)
Junior (16-18)	181 lbs.	198 lbs.	242 lbs.	Wilks formula
Wilks Formula	G. Hagins 535	S. Belanger 452	181 lbs.	
148 lbs.	P. Russell 457	A. Aerts 524		
L. Zanetti 457	A. Kaminsky 353	Mullendore 276		
242 lbs.	J. Kelske 562	Meet Promoter: Joe Wheatley. Meet Director: Steve Denison. Referees: Bill Ennis-International, Gordon Santee-International, Ron Scott-International, Jim Merlino-National, Ken Wheeler-National, Lisa Wheeler-National, Scott Layman-National, Steve Denison-National, Kevin Meskew-National, David Foster-State. Spotter/loaders: Phoenix House volunteers. Best Lifter Bench Press Women: Bonnie Aerts. Best Lifter Bench Press Junior Men: Greg Butler. Best Lifter Bench Press Open Men: Ryan Girard. Best Lifter Bench Press Master Men: Steve Denison. Best Lifter Deadlift Women: Jessica Rankin-Gee.		
C. Blackburn 485	P. Andrews 716			
Junior (19-23)	A. Rollins 678			
Wilks formula	R. Girard 601			
220 lbs.	M. Borunda 457			
J. Thomson 551	S. Denison 672			
L. Andrews 502	E. Paez 601			
Open	A. Aerts 524			
148 lbs.	Master (40-49)			
F. Astilla 413	275 lbs.			
165 lbs.	S. Lesniak 331			
K. Bader 502	181 lbs.			
S. Lesniak 331				
Master (50-59)				

Gee. Best Lifter Deadlift Junior Men: Levi Zanetti. Best Lifter Deadlift Open Men: David Jurgens. Best Lifter Deadlift Master Men: Vladimir Tsatsulin. 1st Place Team: UCLA Computer Science Lifting team (Dave Jurgens, Gary Hagins, and Philip Russell) State Bench Press Records Set: 105 Junior Women 20-23 Jessica Rankin-Gee, 114 Master Women 45-49 Bonnie Aerts, 165 Master Women 65-69 Bunny Olds, 308+ Junior Men 18-19 John Cooper, 220 Junior Men 20-23 Greg Butler, 132 Master Men 40-44 Michael Wong, 242 Open Men Ryan Girard, 275 Master Men 45-49 Steve Denison, 220 Master Men 40-44 Bob Dunham, 181 Master Men 55-59 Jaime Alvarez, 132 Master Men 70-74 Jim Andres. American Bench Press Records Set: 105 Junior Women 20-23 Jessica Rankin-Gee, 114 Master Women 45-49 Bonnie Aerts, 308+ Junior Men 18-19 John Cooper, 242 Open Men Ryan Girard, 275 Master Men 45-49 Steve Denison, 220 Master Men 40-44 Bob Dunham, 132 Master Men 70-74 Jim Andres. State Deadlift Records Set: 105 Junior Women 20-23 Jessica Rankin-Gee, 165 Master Women 65-69 Bunny Olds, 148 Junior Men 18-19 Levi Zanetti, 242 Junior Men 16-17 Cody Blackburn, 242 Master Men 50-54 Phil Andrews, 181 Master Men 70-74 Vladimir Tsatsulin. American Deadlift Records Set: 105 Junior Women 20-23 Jessica Rankin-Gee, 165 Master Women 65-69 Bunny Olds, 242 Junior Men 16-17 Cody Blackburn, 242 Master Men 50-54 Phil Andrews, 181 Master Men 70-74 Vladimir Tsatsulin. (Thank you to Steve Denison for providing the results)

USPF 2nd SummerFest 3 JUN 07 - Fairmont, WV

Push Pull	BP	DL	TOT
FEMALE			
165 lbs.			
Junior (20-23)	104	270	374
S. Justice			
Master (40-49)	286	—	286
C. Williams			
MALE			
123 lbs.			
Junior (14-15)			
T. Green	176	308	484
148 lbs.			
Junior (14-15)	198	330	528
T. Belt			
Junior (18-19)	143	303	446
C. Ownes			
165 lbs.			
Junior (14-15)			
A. Church	132	314	446
Junior (18-19)			
R. Taylor	132	325	457
Open			
S. Wamsley	215	—	215
Junior (18-19)			
J. Woods	176	320	496
181 lbs.			
Junior (20-23)			
O. Clark	231	441	551
J. Layten	209	364	573
P. Miles	270	485	755
Junior (16-17)			
J. Morris	198	364	562
T. Saffle	220	408	628
Junior (18-19)			
G. Wessells	297	402	699
198 lbs.			
Junior (20-23)			
S. Brooks	374	568	942
Junior (18-19)			
M. Loncharich	325	485	810
C. McKim	204	358	578
220 lbs.			
Open			
F. Goff	363	463	826
242 lbs.			
Submaster (35-39)			
R. Harbert	485	—	485
Submaster (35-39)			
D. Wamsley	407	—	407
Master (40-49)			
R. Perkins	358	—	358
275 lbs.			
Junior (18-19)			
T. Brown	259	386	645
SHW			
Open			
J. Pritt	331	—	331
(Thank you to Matt McCase for the results)			



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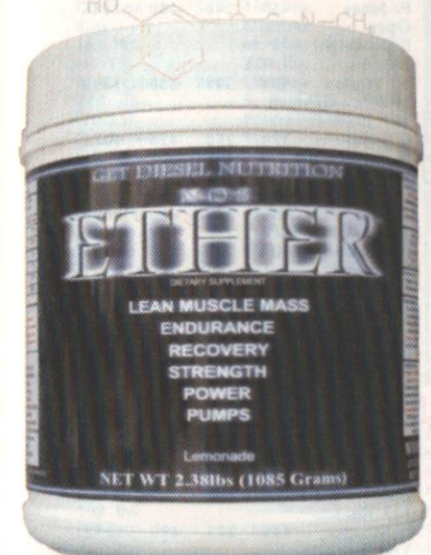
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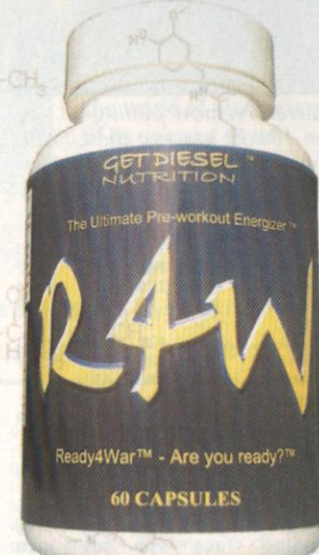
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USAPL New Jersey State
27-28 JAN 07 - Atlantic City, NJ

Powerlifting	SQ	BP	DL	TOT
WOMEN				
Master				
Lightweight				
M. Conte	115	115	176	407
Junior				
Lightweight				
J. Lyons	—	—	—	—
Teen				
Lightweight				
L. Rodecki	270	126	325	722
S. Kane	165	104	220	490
J. Shaw	148	77	214	440
MALE				
114 lbs.				
Teens				
R. McElroy	214	121	209	545
123 lbs.				
Teens				
M. McGlynn	226	143	303	672
132 lbs.				
Teens				
K. Sheaffer	303	198	385	887
C. McGlynn	314	181	336	832
A. Regalbuto	242	143	297	683
148 lbs.				
Open				
V. Onorato	341	209	380	931
L. Hill	226	292	407	925
Teens				
F. Scanga	418	303	457	1179
N. Hall	358	214	385	959
165 lbs.				
Open				
J. Golba	413	325	374	1113
Teens				
A. McElroy	380	214	385	981
C. Guenette	347	187	391	925
S. Stanley	—	170	303	474
D. Campbell				
248				
181 lbs.				
Open				
D. Nemow	551	369	633	1554
O. Valdivieso	347	220	402	970
Teens				
M. Mora	485	358	534	1377
A. Carrillo	451	292	518	1262
M. Consalvi	440	308	446	1196
J. Hasbrouck	336	237	402	975
198 lbs.				
Teens				
A. Choi	463	308	512	1284
R. White	463	275	540	1278
J. Mensinger	391	—	518	909
B. Allen	319	214	341	876
220 lbs.				
Open				
R. Pachuta	606	424	622	1653
C. Nasser	485	363	611	1460



Darren Nemow pulling 633 in the 181 lb. class at the USAPL New Jersey State meet (photograph courtesy of Rob Wagner)

W. Martinez	518	369	600	1488
I. Cross	496	402	534	1433
A. Margulies	396	303	518	1218
J. Fox	314	248	380	942
R. Hansen	—	380	677	1058
Best Lifter Open Lightweight: Darren Nemow. Best Lifter Teen Lightweight: Marlon Mora. Best Lifter Teen Heavyweight: Richard White. Best Lifter Open Heavyweight: Rich Pachuta. (Thanks to Rob Wagner for providing these results)				

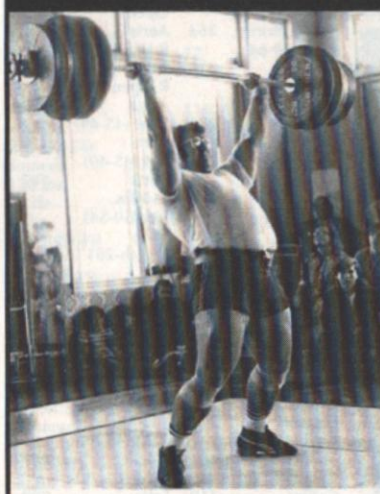
USAPL Quest Invitational
21-22 APR 07 - Duluth, GA

BENCH	M. Richmond	402			
Teen					
132 lbs.					
C. Finch	203	A. Taylor	501		
Open					
Middleweight					
181 lbs.					
M. Hayes	303	214	424	942	
WOMEN					
Special Olympics					
181 lbs.					
P. Lockhart	88	121	270	479	
Teen					
132 lbs.					
D. Davis	214	132	341	688	
Open					
Lightweight					
123 lbs.					
M. Hayes	303	214	424	942	
WOMEN					
Special Olympics					
181 lbs.					
P. Lockhart	88	121	270	479	
Teens					
Lightweight					
114 lbs.					
M. Bahry	281	226	352	859	
Middleweight					
181 lbs.					
J. Howard	518	297	446	1262	
S. Kuntz	374	242	385	1003	
198 lbs.					
C. Bush	407	281	451	1140	
220 lbs.					
L. Bush	545	336	545	1427	
Heavyweight					
242 lbs.					
J. Taylor	407	275	501	1185	
Special Olympics					
Lightweight					
165 lbs.					
S. Lewis	203	154	325	683	
Middleweight					
198 lbs.					
T. Cardella	843	578	815	2237	
(Thanks to Quest Nutrition for the results)					

WNPf Western PA
28 APR 07 - Beaver Falls, PA

BENCH	SHW			
MALE				
165 lbs.	M. Jones	410		
Lifetime SP				
C. Venturella	390*	MALE		
(40-49) SP		148 lbs.		
C. Venturella	390	Open		
275 lbs.	L. Falconi	35		
(40-49)		165 lbs.		
B. Beck	525	(17-19)		
SHW	B Pecchia	19		
(40-49)		DEADLIFT		
J. Wilson	360	MALE		
Police/Fire SP		Raw		
C. Cline	550	165 lbs.		
Raw		Lifetime		
165 lbs.	M. Hart	535		
(17-19)		220 lbs.		
B. Pecchia	250	Lifetime		
220 albs.	S. Palucka	590		
(20-23)		POWERCURL		
C. Hayes	265	MALE		
Lifetime		165 lbs.		
S. Palucka	440*	Open		
(50-59)		R. Staab		
D. Lhota	360	(60-69)		
242 lbs.		R. Staab		
Novice		SHW		
L. Kurtz	285*	Open		
		M. Jones	185	
Ironman				
MALE				
181 lbs.				
(17-19) SP				
Z. Miller		345	555	900
(40-49) SP				
D. Noebe		350	460	810
Raw				
148 lbs.				
Open				
L. Falconi	275	470	745	
(17-19)				
T. Ellis	325	450	775	
220 lbs.				
(17-19)				
A. Ciccone	350	470	820	
Lifetime				
S. Palucka	440	590	1030	
Powerlifting	SQ	BP	DL	TOT
MALE				
242 lbs.				
Lifetime				
J. Jones	585	475*	540	1600
(35-39)				
J. Prilla	500	435*	510	1445
Raw				
165 lbs.				
Lifetime				
M. Hart	360	280	535	1175
(17-19)				
T. Ellis	425	325*	450	1200
Open				
A. Petricins	410	245	410	1065
(35-39)				
R. Dickson Jr.	450	300	500	1250
242 lbs.				
Lifetime				
Poffenberger	405	335	525	1265
(40-49)				
B. Lovejoy	450	360	455	1255
SHW				
(20-23)				
J. Rekassi	615*	420*	630*	1665

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Dickson Jr. returned turning in a strong total winning the 220 lb. submasters division. In the 242 lb. class Shea Poffenberger did some strong lifts as did master Brad Lovejoy in the 275 lb. masters division. In the SHW division junior lifter John Rekassi set all new state records turning in the highest total of the day. In the Ironman Event Lou Falcone turned in a strong total again this year taking home best lifter and also doing thirtyfive reps in the bench for reps competition. Anthony Ciccone returned to reclaim the 220 lb. teen division and Scott Palucka returned to take the lifetime division along with the bench only and deadlift only divisions with a new state record in the bench. In the equipped divisions teen Zachary Miller and master Doug Noebe turned in some strong lifts winning the 181 lb. classes. In the bench press divisions equipped lifter Chuck Venturella set a new state record and took home best lifter in 165 lb. class winning the lifetime

division single ply and also again reclaimed the masters division. 275 lb. lifter Bill Beck had the second highest bench of the day winning the masters division. SHW lifters Jerry Wilson and Chane Cline did some strong lifts in the masters and police and fire divisions with cline having the highest bench of the day. In the raw divisions teen lifter Benjamin Pecchia took home a victory in the 165 lb. class and turned in nineteen reps in the rep Competition. Chad Hayes and Dave Lhota did strong lifts in the 220 lb. class and Lee Kurtz set a new state record in the 242 lb. novice division. Shw Matthew Jones did a strong lift in the open division and also took home first in the powercurl event. Also in the powercurl Rick Staab traveled down from Michigan to walk away with first in the 165 lb. masters and open divisions. Thanks to all the lifters, my crew, and Blackhawk High School for once again making this a great meet. (Thanks to Ron Deamicis for the results)

USAPL KS Record Breaker

23 JUN 07 - Hays, KS

Powerlifting	SQ	BP	DL	TOT
WOMEN				
SHW				
Open				
Raw				
M. Smith	236	148	253	639
MEN				
198 lbs.				
Open Raw				
J. Diehl	363	253	402	1019
Master V				
D. Determann	275	275	446	997
220 lbs.				
Open				
B. Elder	611	374	534	1521
Master I				
S. Stout	165	418	562	1146
242 lbs.				
Teen II				
A. Rich	507	264	440	1212
(Thanks to Wayne Herf for these results)				

USA Powerlifting™ (formerly ADFPA) Membership Application • PO Box 668, Columbia City, IN 46725

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Conditions of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so chooses.

SIGNATURE: _____ **If under 21 yrs., Parent Initial:** _____ **Date:** _____ **Prior Reg. #** _____

Name: _____ **Phone:** () _____ **E-Mail:** _____

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Date Of Birth: _____ **Age:** _____ **Sex:** _____ **U.S. Citizen?** _____ **USAPL Registered Club Represented:** _____

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High School - Full Year					
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• White Referee Designation Polo - \$30.00 (size _____) • Logo Patch - \$5.00 (qty. _____) (Shpg for patch: 50) • Tanks - see e.store on website

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Credit Card: Visa-Mastercard-Discover Exp. Date: _____ **Merchandise Total:** \$ _____

Card # _____ **Merchandise Shipping:** \$5.85

Cardholder Signature: _____ **Total Purchased:** \$ _____

All memberships expire 12 months from date of purchase. (White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)



World Natural Powerlifting Federation (WNPf) Membership Registration

LAST NAME _____ **FIRST NAME** _____ **INT.** _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

AREA CODE, TELEPHONE: _____ **DATE OF BIRTH** _____

AGE _____ **SEX** _____ **CHECK ONE:** LIFETIME DRUGFREE _____ 5 YRS. MIN. _____

ADAU 12th Catasauqua Classic
30 JUN 07 - Catasauqua, PA

Venue: Suburban North Family YMCA. Hosted by: Twin City Powerlifting Club. Sponsored by: Nutritional Technologies. The energy was high at the 12th annual Catasauqua Classic. This was a single lift event which means that the squat, bench press and deadlift were separate competitions. The ADAU has been sanctioning drug free and equipment free powerlifting for over seven years so it was no surprise to see some of the best drug free raw powerlifters in the country. In the squat competition Stephanie Schlofer set a single lift American record with an easy 160 lbs. squat in the teen women 16-17 age division. In the teen men, 13 year old Aaron Morekin was successful with a 210 lbs. at the 132 division and 15 year old Scott Hubler made a 290 lbs. in the 181 division. All were impressed with both Aaron and Scott's performance. I am sure we will see some big numbers from all of these teens in the future. In the 165 division Open 55-59 age division, legendary lifter and nutrition guru Nick Theodorou made an incredible 420 lbs. and captured outstanding squatter. Nick is an inspiration to many in Northeast Pennsylvania and I know that we will see more incredible lifting from Nick as he grows younger. There was some great lifting in the 198 division with four lifters in this weight class. Special Olympian Craig Maurer made a terrific 170 lbs. and captured first place in the 50-54 division. In the master 55-59 age division, lifter Don "One More Rep" Kuhns took first and set the single lift American record with an easy 390 lbs. and then went on to hit a 410 on his fourth attempt. In second place, David C. Thompson made a terrific 300 lbs. to take second place in the 55-59 age division while his son David C. Thompson hit 335 lbs. It is always terrific to see a father and son team and I am sure we will see this duo in future competitions. The men's heavyweight class had some big numbers with lifter David Linton hitting a strong 465 lbs. in the 275 lbs. division and Kevin Prosser making an easy 505 lbs. at 319. All of us from the Twin City Powerlifting club would like to thank Kevin for traveling from Maryland for the past few years to help with our annual meet (this year he lifted and worked!). In the bench press competition, Stephanie Schlofer stole the show by winning her class and setting another single lift American record with a 90 lbs. at 114 lbs. in the teen women 16-17 division. The Twin City Powerlifting club would like to congratulate Stephanie on her single lift American records and we are proud to have her as our only female member. Way to go Stephanie! In the men's lightweight divisions, Aaron Morekin set a single lift American record with a 145 and then a 155 lbs. on his fourth at 132 lbs. in the teen men 12-13 age division. Way to go Aaron! In the men's 148 open and 35-39 age divisions, Special Olympians Chris Spairana and Michael



Special Olympian Chris Spairano deadlifts a PR 300 lbs. to win the open 148 lb. class at the ADAU Catasauqua Classic. Chris has only been training for a year, under the supervision of Nick Theodorou at the Twin City Powerlifting Club. (Photograph courtesy provided by Don Kuhns)

Gaal made a 145 lbs. and 135 lbs., respectively. They both took first place and have made incredible progress working out with Twin City. We are proud of their accomplishments and we know they will make more great lifts in the future. In the men's middle weight division, Jason Petkevics and Edward Kelly both hit the big 300 pound mark at 165 lbs. and 181 lbs., respectively. A 300 lb. bench press is a great accomplishment and we can't wait to see what you do at next years meet. There was a good turnout in the 198 lbs. division with father and son David C. Thompson and David P. Thompson both making a 245 lbs. lift to give dad a first place and son a second place in the 55-59 age division and open divisions, respectively. In the heavyweight division, David Linton benched a strong 345 lbs. in the 275 lb. division. This was followed by a 410 lb. at 275 for Michael Cooper and Steve Lang. This won the open and 40-44 age division for Cooper and the 45-49 age division for Lang. To finish the bench pressing competition, at 319 lbs. Dan Corridean hit a 425 lb. for second place and David Krieg hit a 440 lb. for first place and

outstanding bencher. Numbers like this are proof that RAW is getting bigger than ever! The deadlift competition opened with some spectacular lifting in the men's teen division. Aaron Morekin continued to shock the audience by pulling 300 lbs. at 132. At 13 years old there is little doubt about Aaron's potential on the platform and we hope to see him continue with the sport. At 148 Donnie Bressinger hit 370 lbs. and Leonard Paulk made a 300 lbs. in the 14-15 and 16-17 teen divisions, respectively. Special Olympian Chris Spairana hit a personal record 300 lbs. to win the 148 lbs. open division. Chris has only been working for a year under the coaching supervision of The Twin City Powerlifting Club (Nick Theodorou-head coach) and we all fell he has vast potential to hit even bigger numbers. In the middle-weights Antonio Santiago made a 275 in the 165 division in the 16-17 age division. At 181 Scott Hubler set a single lift American record with 395 lbs. on his third attempt and went on to break his new record with 420 lbs. on his fourth. At only 15 years old, WOW is this kid strong! In the 198 division, Craig Maurer finished off the day with a terrific 300 lbs. at 54 years old to give him second place and David P. Thompson went on to hit a BIG 505 lbs. that guaranteed him first place. Starting off for the "big boys" was Rashon Dupree who made 370 lbs. in the 220 lb. division and took first in the 16-17 age division. Following Rashon in the 275 lbs. class was David Kieffer made 505 lbs. that gave him third in the open with David Linton and Michael Cooper both making 560 lbs. Cooper got first by body weight over Linton in the open and first in the 40-44 age division. This was just the beginning of the big weights that would defy gravity as SHW Curt Eckroth set an American single lift record with an impressive 605 to take first and Dan Corridean hit an awesome 710 lbs. in the 319 lb. division to take first and capture outstanding deadlifter. The meet The Twin City Powerlifting club would like to extend its sincerest thanks to all of its members, meet competitors and staff, and the ADAU President Alan Siegel. Your continued support for the past 12 years has been essential to the meet's success. We at Twin City hope to have an even better meet next summer so until then continue to train RAW and drug free and we will see you next year. (Thank you to Chris Cirnigliaro for providing the report)

WNPF Pan-American/GA vs FL
12 MAY 07 - Lake City, FL

BENCH WOMEN	Cawley (45-49) UNL	685*			
105 lbs.	Cawley SHW	685*			
(40-49) Raw					
Mondragron	90*	Lifetime Raw			
132 lbs.	Wilson	405			
(13-16) Raw					
Wilcox	135*	Lifetime	475*		
MEN		BENCH for Reps			
80 lbs.		WOMEN			
(11-12) Raw		105 lbs.			
Wilcox	75*	(40-49)			
123 lbs.		Mondragron	38*		
(13-16) Raw		132 lbs.			
Adair	135	(13-16)			
132 lbs.		Wilcox	35*		
(70-79) Raw		MEN			
Smith	170*	(40-49)			
165 lbs.		Wilson	25		
(60-69)		220 lbs.			
Lichtle	300*	Lifetime			
(17-19) Raw		Renfro	20		
Wilcox	275	(50-59)			
(13-16) Raw		Harris	16		
George	230	DEADLIFT			
181 lbs.		MEN			
(13-16) Raw		80 lbs.			
Sheppard	225	(11-12) Raw			
Tweed	205	Wilcox	140*		
(40-49) Raw		123 lbs.			
Wilcox	315	(13-16) Raw			
(50-59)		Adair	285*		
Gayton	275	132 lbs.			
(50-59) UNL		(70-79) Raw			
Gayton	315	Smith	250*		
198 lbs.		181 lbs.			
(50-59) Raw		SHW			
Ray	325	Levy	325		
(13-16) Raw		148 lbs.			
Colon	300*	(40-49)			
Adair	225	Rivera	375		
(13-16) Raw		181 lbs.			
Collins	185	Novice Raw			
(50-59) Raw		Rivera	365		
Kerkhof	190	Desantis	300		
(40-49)		Smith			
Lifetime UNL		198 lbs.			
Skip		(17-19) Raw			
220 lbs.		McDowell	240		
Lifetime Raw		181 lbs.			
Wilson	560	(40-49)			
SQUAT		Elrod!	415		
MEN		(40-49) Raw			
181 lbs.		Peters	350		
(50-59)		198 lbs.			
Harris	335	(20-23) Raw			
242 lbs.		Watson	315		
(50-59)		(40-49) Raw			
Gayton	425	Omally	355		
SHW		220 lbs.			
Lifetime UNL		Open Raw			
McKinney	495	Yankow	275		
Barnwell	375	Lifetime Raw			
Open UNL		Addison	325		
McKinney	495	(40-49) Raw			
(35-39) UNL		McDowell	325		
McKinney	495	(50-59) Raw			
Open		Caterisano	330		
Lichtle	135*	242 lbs.			
Open		(20-23) Raw			
Churchman	400	Bray	385		
275 lbs.		Subs Raw			
(17-19) Raw		Monroe	390		
Ecker	270	275 lbs.			
300 lbs.		(17-19)			
(35-39)		Chancellor	325		
Berry	450*	(20-23) Raw			
(40-49)		Menocal	345		
Lifetime UNL		Fambrough	330		
Cawley	685*	300 lbs.			
Open UNL		Lifetime Raw			
		Raynor	500		
		BENCH for Reps			
		MEN			
		(Bodyweight)			
		198 lbs.			
		Open			
		Fambrough	135		
		Powerlifting			
		SQ	BP	DL	TOT
		105 lbs.			
		(40-49) Raw			
		Keel!	175	120	215
		123 lbs.			
		(60-69)			
		Calais	210	115	250
		(40-49) Raw			
		Wheatley	140	95	225
		148 lbs.			
		(40-49) Unl			
		Sesler	225	135	300
		165 lbs.			
		(40-49) Raw			
		Voegeli	175	115	250

Brown	280	280	430	990
220 lbs.				
(40-49) UNL				
Omally	640*	370	525	1535
242 lbs.				
Lifetime Raw				
Mosley	475	360	500	1335
275 lbs.				
(17-19) Raw				
Arbodela	475*	275	400	1150
Lifetime UNL				
Wood!	805*	520	625	1950
SHW				
Lifetime Raw				
Walker	580	400	525	1505
Open Raw				
Walker	580	400	525	1505
Lifetime				
Wilson	620*	475*	560	1655*
*=WNPF national records. !=Best lifters.				
Team Champs Bench Press: Merritt Island Power Team. WNPF Georgia vs Florida State Challenge Champions: Florida. (Thanks to Troy Ford for the meet results)				

WNPF South Carolina
6 MAY 07 - Greenville, SC

BENCH	Saxton	17			
Lifters	Watson	16			
105 lbs.					
(20-23) Raw	Open				
Grossnickle	85	Yankow	11		
165 lbs.		DEADLIFT			
(40-49) Raw		Lifters			
Benedict	150	SHW			
(40-49) Unl		(50-59) Raw			
McDaniel	135	Levy	325		
SHW		MEN			
(50-59) Raw		148 lbs.			
Levy!	205	(40-49)			
MEN		Rivera	375		
148 lbs.		181 lbs.			
(40-49)		Novice Raw			
Rivera	225	Desantis	365		
165 lbs.		Smith	300		
(17-19) Raw		198 lbs.			
McDowell	240	(13-16) Raw			
181 lbs.		Ferraro	420		
(40-49)		Greene	500		
Elrod!	415	220 lbs.			
(40-49) Raw		Subs Raw			
Peters	350	Clark	585		
198 lbs.		SHW			
(20-23) Raw		Open Raw			
Watson	315	Nichols!	730		
(40-49) Raw		SQUAT			
Omally	355	275 lbs.			
220 lbs.		(20-23) Raw			
Open Raw		Fambrough	620		
Yankow	275	300 lbs.			
Lifetime Raw		Lifetime Raw			
Addison	325	Raynor!	640		
(40-49) Raw		POWERCURL			
McDowell	325	Lifters			
(50-59) Raw		105 lbs.			
Caterisano	330	Open			
242 lbs.		Grossnickle	65		
(20-23) Raw		198 lbs.			
Bray	385	Open			
Subs Raw		Saxton	130		
Monroe	390	(40-49)			
275 lbs.		O'Malley	160		
(17-19)		220 lbs.			
Chancellor	325	(40-49)			
(20-23) Raw		Addison	125		
Menocal	345	(50-59)			
Fambrough	330	Caterisano	145		
300 lbs.		242 lbs.			
Lifetime Raw		Open			
Raynor	500	Monroe!	180		
BENCH for Reps		Bray	135		
MEN		275 lbs.			
(Bodyweight)		Open			
198 lbs.		Fambrough	135		
(20-23)		Powerlifting			
Powerlifting		SQ	BP	DL	TOT
105 lbs.					
(40-49) Raw					
Keel!	175	120	215	510	
123 lbs.					
(60-69)					
Calais	210	115	250	575	
(40-49) Raw					
Wheatley	140	95	225	460	
148 lbs.					
(40-49) Unl					
Sesler	225	135	300	660	
165 lbs.					
(40-49) Raw					
Voegeli	175	115	250	540	

100% RAW Powerlifting Federation
Membership Application

LAST NAME: _____ FIRST NAME: _____ INT. _____

STREET ADDRESS: _____

CITY / STATE / ZIP: _____

AREA CODE / TELEPHONE: _____ DATE OF BIRTH: _____

AGE: _____ SEX: _____ E-MAIL ADDRESS: _____

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DATE OF APPLICATION: _____ (This Will Be Your Renewal Date)

By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

www.RAWPOWERLIFTING.com

MEN	148 lbs.	250	160	245	655	Brumgard	300	285	425	1010	(17-19)				
(13-16)	Riddle														

(cont. from page 12)

JB: Do you remember what she started and ended with?

RH: She could only bench the bar and a dime on each side when I started training her. That's a 65-pound bench press. That was her weakest lift. 9 years later she did a 551 bench press; best of all time.

JB: Are there any supplements that you've found to be helpful in your strength training?

RH: Tons of protein and glutamine.

JB: What do you think about the Internet?

RH: It's good for the sport, but it's also bad for the sport. As far as the crybabies that pick

on a lifter. Their physique or how they look or their face or whatever has nothing to do with their lifts. That's the worst thing you can do to somebody I think. Pull them down when they're doing something just to better their self. People go to just destroy someone. Hey, they did a meet. The next thing you know they go from their squat to their face. What the hell? How'd you get there? <laughter>

JB: What are the good things about it?

RH: Well, so you can update. It's a good way to brag about what's going on out there. Keeping your sport alive, you know. You used to just have the Powerlifting USA that showed up once a month — you didn't know what was going on until that came out. So you can keep up on the guys that are out there; what's going on around you.

JB: Is there any rule in powerlifting that should or shouldn't be allowed?

RH: I think that a head spotter on the bench should be allowed to stay as close to the lifter as possible because he could possibly save that lifter's life. The judge should have to move, not the spotter. Because it's hard when that weight comes back in someone's face. The guys on the side can't always see. The plates are in the way. And if one guy misses it — it still lands in his face! Especially with the weight they're lifting these days. That's one I'd like to see change.

JB: What is the most common mistake you see AT meets?

RH: Lifters starting too heavy, not warming up properly, not using their gear in the back room. Not



Coach Rick - tore his bicep lifting off for his guys at the APF Senior Nationals (Jim Burnett)

doing enough warm up sets in general. They open too heavy. They're gonna open with straps, knee wraps, briefs, belts, all this stuff. But they may only put briefs on in the back room and then put this stuff on and open up 400 pounds heavier. Or 500 or 600. And it's just ridiculous. The Big Iron lifters are the first ones in the warm-up room. They're the last ones in the warm-up room. They usually all hit their attempts up to ... some of them hit up to ten attempts per meet!

JB: Should powerlifters "look like athletes"?

RH: All of our people on our team look like athletes. We don't have anybody that weighs 300 pounds. Everybody is 250 on down.

JB: Well there's (Dave) Dickey with the 25-inch arms...

RH: He's only a bench presser. We got 2 guys that are 300 sometimes. They only compete once in a while. 2 benchers. The rest are athletic looking because Becca Swanson does their nutrition and supplements.

JB: What do you get out of helping lifters?

RH: The only thing I get out of it is the glory of watching their face when they achieve new numbers or they get that first place. The satisfaction, you can just see it, and they're all overwhelmed with what they did. That's about it.

Rick is truly thankful for the outflowing of support that he has received from his friends and fans in the powerlifting and strength sports community. He never expected any of it and would like to thank everyone who has taken the time,

FOOTNOTE ABOUT JIM BURNETT, THE INTERVIEWER

When I first came to Big Iron, I weighed 204 pounds & could barely bench 150 pounds. My best deadlift was 285. I had been training on my own in my basement, but obviously I needed some help. After about a year I asked Rick about joining the powerlifting team. Because of his guidance my strength took off. In my first meet, I benched an easy 225 and got a 440 pound deadlift. Since that time I have tried to do as many meets as I could. This past September, I was able to get a 515 deadlift & a 415 bench. This kind of strength is NOTHING compared to the national and world champion lifters that Rick has coached, but it was a strength level that I never thought that I would achieve in my lifetime and especially as a "natural" lifter. I owe all of this progress to Rick and to Big Iron Gym.

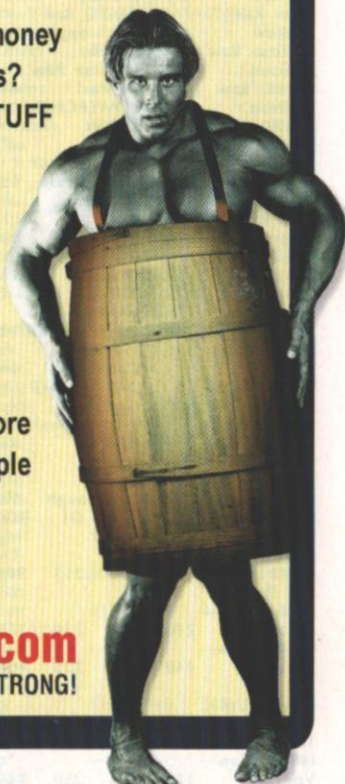
effort, and money to help him out. Big Iron is holding a benefit meet for Rick on November 3, 2007. We would be honored if you could attend. Details at <http://www.bigirongym.com>.

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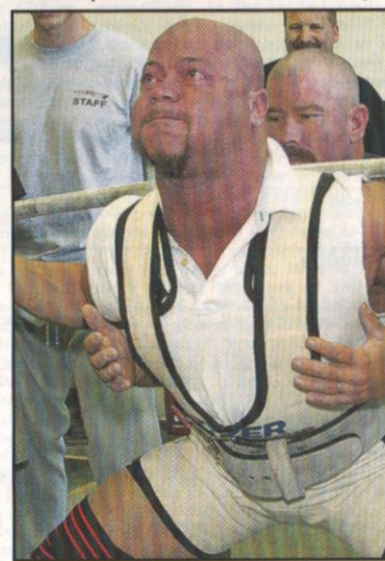
Anna McCloskey - 470 SQ @ 181, Best Lifter

support of our sponsors. This year's sponsors also included Weber Insurance Agency who donated custom tee shirts for the lifters, Gatorade for quenching the thirst of all the exceptional athletes, Hill Street Veterinary Hospital, and Reliable Equipment. Thank you all! Competition was spiced with lifters hailing from the Ukraine and Israel, with interest from Argentina, Caymans, and Brazil. Hopefully they will be able to join us for competition next year. The lifters came predominantly from across the U.S. Teens: Saturday started with a strong statement from both the boys and girls teen divisions with a total of 16 lifters. It's reassuring to know that there seems to be plenty of young blood being introduced to the sport with the total of six lifters in the 14-15 age group. In the 165 lb., 14-15 year boys teens the first place spot went to Sebby Buccheri with a 990 lb. total with Tom Holland following close in second with a 915 lb. total. Sebby mastered a 400 lb. squat at only 14 years old! In the 167 year classes, the winner of the 148 lb. class was Phil Columbia by a 65 lb. lead over Jon Brida. Phil and Jon squatted 425 lbs. and 430 lbs. respectively. Our winner, Phil, powered out a 460 lb. IPA Record deadlift going 8 for 9 for the day. In the 167 year, 165 lb. class E.J. Craycraft out performed his competitor John Colas by 190 lbs. E.J. Squatted 405, benched 265, and pulled 455

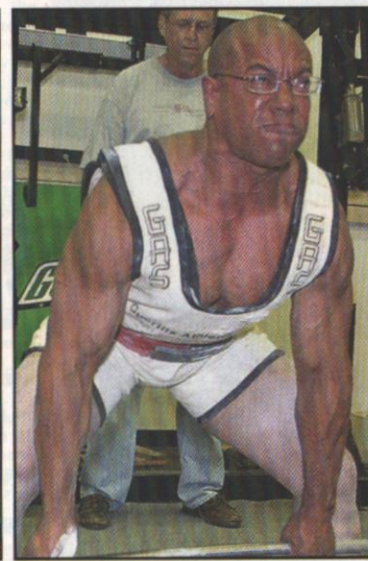
also set the standard in the 1819 year, 220 lb. Raw class with a 330 lb. squat, a 340 lb. bench, and a 490 lb. deadlift; all IPA records. A diversity of weight classes and representation in each age group ensured an exciting show from the girls teen division. Coming in a decisive first place was none other than the other half of the McCloskey team, Anna took home the best lifter crown lifting in the 181 lb. class. At only 14 years, Anna squatted a record 470 lbs., a 220 lb. record bench and a 380 lb. dead lift for a record breaking 1070 lbs. The McCloskey's zealous coach also doubles as their dad! Great coaching, great lifting! Sarah Welch continues the family legacy lifting in the 114 lb. class at age 14. Sarah impressed everyone with a record 235 lb. squat winning her first place in her class. Meg Tafuri joined her brother Josh breaking records in the 97 lb., 14-15 year class. Meg broke all the records with a 185 lb. squat, 115 lb. bench and a fourth attempt 175 lb. dead lift for a record total of

475 lbs. Teammate, Bethany Selph proved she was a force to be reckoned with totaling 555 lbs. lifting in the 167, 123 lb. weight class. Women: Competition was slim in the Women's division, but the competitors were top notch. In the Amateur 132 lb. division, Jules Furniss posted impressive numbers with a 335 lb. squat, a record 242.5 lb. bench, and a 315 lb. deadlift. In the Elite Amateur division (completely drug tested), Michelle Borzok continued her winning streak in the 148 lb. class with awesome numbers, 450 lb. squat, 380 lb. bench, and a 340 lb. pull. Each competitor took home hard earned Best Lifter Awards for their respective divisions. Amateur Men's Divisions: In the Men's Junior Raw division, John Trout lifting in the 198 lb. class stole the squat record with a 375 lb. squat. In the Men's Open divisions, Ted Tang in the 148 lb. class pulled a strong 400 lbs. totaling a nice 995 lbs. Bill Carson had to make room on his mantle for his Best Lifter Award in the Amateur Men's Lightweight Division posting a strong 1600 lb. total in the 181 lb. class. Rick Walker took home the first place award in the 220 lb. class with a 1750 lb. total. At 237 lbs., Cullen Stokes just missed a record-breaking 837.5 lb. squat finishing with 750 and pulled a respectable 600 lbs. winning his class. Dan Zahno proved to be another record-breaker lifting in the Men's Open Raw 198 lb. division with a 300 lb. record squat and a fourth attempt 460 lb. record dead lift, totaling a record 1000 lbs. Our Amateur 275 lb. Submaster, Eric Winter squatted a big 800 lbs. for a 1915 lb. total and secured the Best Lifter Award for the Amateur Men's Heavyweight division. Our favorite cop, Keith Lightner, competing in the Raw Police division posted all records with a 475 lb. squat, 405

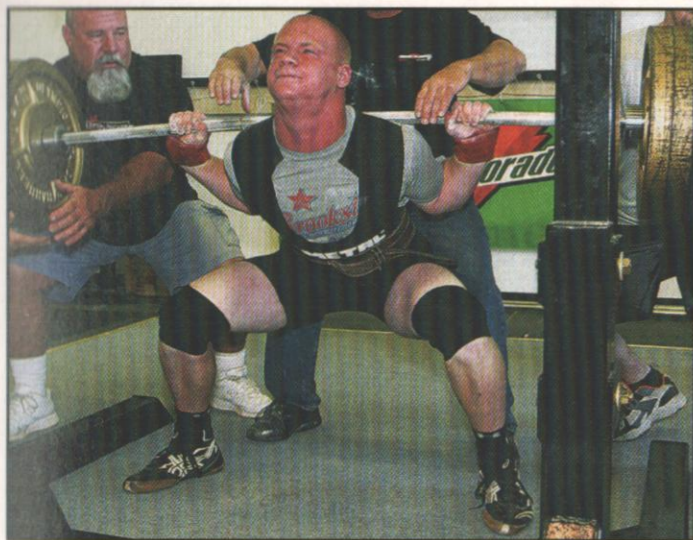
lbs. bench, a 550 lb. pull, for a record 1430 lb. total. The weight classes were diverse in the Amateur Men's Master division and the lifting was exceptional. John Monk, competing in the 165 class broke three of four records in the 40-44 age group with a 515 lb. record squat, 410 lb. record bench for a 1365 lb. record total, and first place. Hailing from York Barbell Company, and the York Barbell Weightlifting Club back in the day, Mike Locondro posted some great numbers going 675, 375, and 500 for a 1550 lb. total in the 242 lb. 40-44 age group. John Gengo never misses a meet and this meet was no exception. At 148 lbs., 45-49 age group, John posted a 425 lb. squat, 260 lb. bench, and a 440 lb. pull. NYC's Ricardo Ingravera is an IPA favorite and took home the gold this meet winning the Amateur Men's Master Best Lifter Award for a 660 lb. squat, 400 lb. bench, and a record-breaking 620 lb. dead lift, totaling a record 1680 lbs. Professional Men's Divisions: The clear winner of the 198 lb. Pro Men's Open division was James Kegrice who proved that his trip from San Diego was worthwhile winning the Best Lifter Award for the Professional Men's Lightweight division. James earned his stripes squatting 750 lbs., benching 460, dead lifting 700, for a 1910 lb. total. Coming in third place after Mark Bailey with a 1655 lb. total was Mike Yontz whose performance is mesmerizing, methodical, and always outstanding. Mike is completely blind, but with fortitude, an incredible sense of self, and balance he posts super numbers squatting 600, benching 410, and pulling 505 at a body weight of 197 lbs. Dan Blankenship is always exciting to watch and June 24 was no exception. Dan's success of yet another meet. The successes of the meets are due to the performance



Dan Blankenship - best Pro Heavywt.



Ricardo Ingravera - best @ 45-49.



Antony McCloskey ... 800 lb. squat in the 220s at 16 years of age

(continued from page 10)

lifting in the 220 lb. Men's Open division earned him the Best Lifter Award for the Professional Men's Heavyweight division. Dan toughed out a 910 lb. squat and attempted a huge, yet unsuccessful 940 lb. squat on his third attempt. A 580 lb. bench and a 650 dead lift rounded out his total at 2140 lbs. Jim Howell also competed in the 220 lb. Men's Open division. Jim bleeds powerlifting. His energetic, sparkling personality and fortitude makes his appearances on the platform consistently exciting. Jim posted an impressive 700 lb. squat, a 475 lb. bench and a 625 lb. pull. Brian Weston came to York to take a big squat for a ride, but 1000+ wasn't in the cards on June 24. Brian is an extraordinary squatter, having squatted over 1000 lbs. as a 242 pounder. Brian lifted in the 275 lb. class this meet and achieved white lights on his second attempt with 950 and stopped there, moving on to accomplish a 525 lb. bench and a 650 lb. pull for a 2125 lb. total relinquishing his chances of winning the Best Lifter Award to Dan Blankenship. Gene Rychlak brought his big Samoan friend Siko Savaiinaea who competed in the Professional Men's 275 lb. class. Siko made a valiant attempt at a 1005 lb. opening squat, but by the third try Siko's knee collapsed leaving him in a heap at the base of the squat rack. Everyone was spared injury, except Siko of course. Siko refused ambulance services opting to set up his own triage stitching himself up with a couple of wooden dowels and a knee wrap! Siko managed to hobble around for the rest of the meet! The Men's Master division Dean Moore stood alone

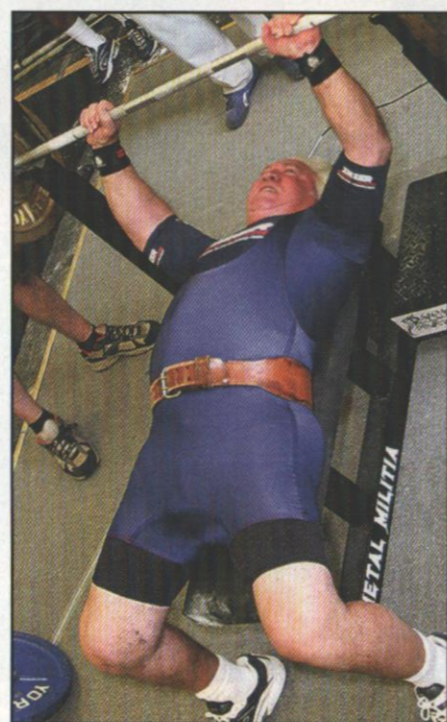


Sarah Welcheck 14 years of age.

(181 lbs.), and junior division lifter Svyatoslav Gerezukh (165 lbs.). All three gentlemen are great ambassadors for their country and for powerlifting. Oleg lifted in the Raw Men's Junior division benching 220 lbs. Pavlo posted a 275 lb. bench lifting in the Men's Open Raw division. In the Amateur Men's Open division, Richard Putnam took home the Amateur Best Lifter Award for the Bench Press division. At 275 lbs. Richard never disappoints the crowd, and his 705 lb. bench was no exception. The next biggest bench in the Open division was pressed by 308 pounder Aaron Utermahlen who benched 650 lbs. At 275 lbs., Robert Norris broke the 600 lb. mark with a 605 lb. bench. Steven Dussault broke the existing record in the 198 lb. class with a 560 lb. bench. Kyle Stephens smashed the existing IPA record in the 275 lb. Men's Submaster division with a huge 705 lb. bench. Don Joy not only stole everyone's heart, but he proved that for 75 years and 251 lbs. of solid muscle, his 335 lb. fourth attempt record bench isn't too shabby! Don successfully completed all four attempts earning him the Amateur

Men's Master Best Lifter Award in the Bench Only Division. There were records broken by both the Police division lifters. At 148 lbs., Robert Legg set a record at 210 lbs., and James Shaughnessy smashed the existing 198 lb. class record with a 470 lb. bench. As the sole Bench Only lifter in the Elite Amateur division, Ronald performed as exceptionally as always benching a huge 775 lbs. in the 275 lb. class winning him the Best Lifter Award. Professional Bench Only Divisions: David Sands II who lifted in the 165 lb. Junior class broke the record with a 405 lb. bench. The Men's Open Professional classes were diverse ranging in weight classes from 220 through SHW. The big lift for the day was 805 lbs. benched by SHW Robert McCray. At 220 lbs., Bobby Fields pressed a huge 700 lbs. Rob Capozzolo benched 550 at 275 lbs., followed by David Murray benching 520 lbs. in the 308 lb. class. Bill Cox more than doubled his bodyweight benching 460 at 216 lb. bodyweight. Sean Hailey had a great day benching 500 at a bodyweight of 198 lbs. The winner of our Professional

Men's Master Best Lifter Award went to Robert Bellerby with a record breaking 470 lb. bench just two weeks after suffering a heart attack! His doctor said no to squatting and dead lifting, but gave Bob the thumbs up to bench; and bench he did! Steve Hartlaub posted his usual exceptional number with a 550 lb. bench at a bodyweight of 212 lbs. Bentz Tozer, Jr. cruised to a win in the 308 lb. 45-49 age division with a 560 lb. bench. Scott Bixler lifted in the 220 lb., 50-54 age class totaling a 385 lb. bench. The crowd had a chance to see history happen as big Gene Rychlak, Jr. tried to break the 1025 lb. bench press barrier. In November 2006, Gene took 1025 lbs. a couple inches off his chest, 7 months later we all watched Gene take 1025 lbs. halfway to completion. Clearly this monster bench is in Gene's foreseeable future. As always, special thanks are extended to all those dear friends whose help make these meets happen. Their dedication and perseverance ensures that the IPA Nationals and World meets run as smooth as silk every time. (results courtesy of Ellen Chaillet)



Don Joy - a 335 lb bench at 75 and 251 lbs.

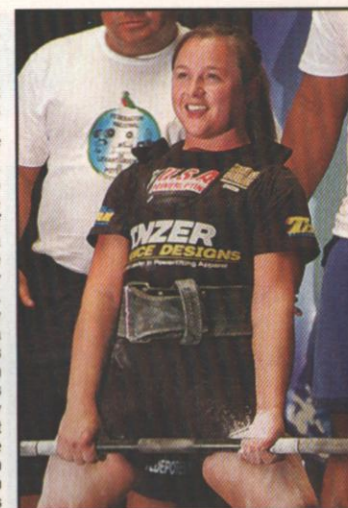
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181 lbs.				
Straub-USA	611	413	622	1647
Reid-USA	567	413	622	1603
Recinos-ESA	595	385	595	1576
Tapia-PUR	617	352	551	1521
McInerney-IRL	424	248	518	1190
Castro-ESA	319	198	396	914
Avalos-ESA	275	209	374	859
Garcia-MEX	—	402	—	402
198 lbs.				
Brown-USA	622	479	545	1647
Garcia-PUR	589	341	595	1526
Bravo-GUA	595	407	518	1521
Tarango-MEX	595	352	567	1515
Orozco-NCA	606	385	518	1510
Hernand-ESA	567	369	540	1477
McCourt-CRI	485	418	507	1410
Villavice-CRI	374	319	396	1091
220 lbs.				
Moylen-USA	589	352	551	1493
St.Romai-USA	529	358	512	1399
Banos-GUA	501	363	501	1366
Pantoja-MEX	507	358	463	1328
Nunez-CRI	440	341	485	1267
Cabrera-PUR	551	—	540	1091
242 lbs.				
Millan-PUR	711	396	683	1791
Campos-CRI	617	319	600	1537
Pickering-VI	501	352	600	1455
Nicolosi-USA	600	—	—	600
275 lbs.				
Estrada-PUR	644	468	661	1774
Green-TRI	501	325	639	1466
Velasquez-CRI	407	363	418	1190
Hernand-MEX	529	—	529	1058
275+ lbs.				
Brooks-USA	567	374	407	1350
Castillo-GUA	—	418	496	914

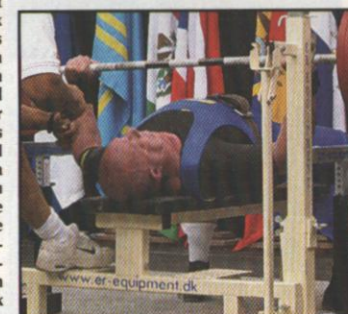
Guatemala: The land where it is always spring. With daytime highs in the upper 70s and nighttime lows in the low 60s, the USA team couldn't ask for much nicer weather during the 5th Annual North American Regional Powerlifting Federation championship, coupled with the 2nd Tournament of the Americas. The USA brought a strong team of 25 men and 25 women to compete in open, sub-junior/junior, and master's divisions. According to Robert Keller, NAPF General Secretary, this meet has been the largest North American regional championship by far, with 127 athletes participating from 12 nations in North America, ranging from Aruba to the Virgin Islands. The championship was held in conjunction with the World Anti-Doping Symposium. After the opening ceremonies on June 20, competition got underway on June 21 with the women. Jim Hart, women's head coach, said that 13 of the team, over half, had no previous international experience. Nevertheless, he said, all the competitors lifted well. The morning session saw Maria Vasquez of Guatemala become the local heroine in nearly all the city's newspapers, winning the 48 kg. gold, edging out Rowena Lopez of the USA who herself edged out Gladys Serrano of Puerto Rico by just 2.5 kg. total. According to Hart, Lopez was the least experienced of the women on the team, but she lifted well in the largest class five in all of female Open competitors. Continuing the morning session, the USA Women took first place in every other weight class they entered. Janel Brown won the 52 kg. class against Marta Carrillo of Guatemala. Ashley Matherne turned in 9 for 9 in the 56 kg. class. Suzanne Salinis won easily with 7 for 9 in the 60 kg. class. The afternoon session had the heavier women, starting with the 67.5 class. Team USA did not have any lifters in this class, which was won by Christy Tyquiengco of Puerto Rico against two other lifters from El Salvador. The 75 kg. Open class had Priscilla Ribic lifting in the Tournament of the Americas to allow her teammates to come home with some hardware. Priscilla also was popular with the local press and totaled 615 kg. in this outing. Cydney Smith earned the USA gold in the 75 kg. class. Malinda Baum fought hard for the gold at 82.5, going 7 for 9 and just edging out Maguena Calalleros of Guatemala. Both were Master's lifters, but Malinda lifted in the Open category this time out. The only afternoon weight class where the USA women had to be satisfied with silver was the 90 kg. class. Katy

Dodge had a tough day, going 4 for 9 against Giselle Costas of Puerto Rico, the best lifter in the Women's Open. Rounding out the women's competition was Lana Allen with an 8 for 9 day, and the highest total of all the USA women in the competition 530 kg. She also set an American record for Women's Teen (18-19) bench press with a 142.5 kg. lift. The USA Women's Open team won the team gold with six first places over runner-up Guatemala. The USA Sub-junior/Junior team was equally impressive. Placings were determined by Wilk's total within each category of SJ light and heavy weight, and Junior light and heavy weight. Michelle Van Dusen took first place in the SJ lightweights over two other USA teammates. Meagan Chappell won the gold in SJ heavyweights, again outlifting two other teammates. The Junior lightweight gold went to Katie Van Dusen, the best female Junior lifter of the competition. The Junior heavyweight division was won by Christy Tyquiengco of Puerto Rico in a five lifter field. Team USA's Junior Women earned three golds and three silvers to win the team gold in this category over Puerto Rico, El Salvador, and Guatemala. The six lifter women's Master's team for the USA was virtually unopposed, with only three other female lifters competing. With placings also done by Wilk's formula in this category, the gold in Master's I lightweight went to Marta Carrillo of Guatemala over Joni Mach of team USA. In the MI heavyweights, Rhonda Clark took the gold and overall best female Master lifter over Maguena Caballeros of Guatemala and two others including teammate Donna Marts. For the Master's II, the USA's three unopposed competitors of Gail Moore, Regina Hackney, and Teresa Merrick swept the placings. The six USA female Masters earned the team gold with two first places, two seconds, and two thirds over Guatemala and El Salvador. Hart said that the USA Women's team is undefeated in four outings at this championship: they were not part of the first meet in 2003. Following the women's success, the men lifted on June 22 and 23. James Townsend, the men's head coach, led a men's squad that he said had only 7 or 8 lifters with previous international experience with some of them never having been to Nationals either. Nevertheless, Townsend said, he felt the best thing about the competition was how the team, from local lifters to previous world champions, men and women alike, pulled together as one unit to help each other. He said some of the assistant coaches lifted in the competition also, setting the team's performance ahead of their personal goals, yet still lifted well. The lightweight men started the morning session of the men's first day. The men's 56 kg. open class was won by Ivan Cancel of Puerto Rico over Vladimir Rivas of Guatemala. Wilhelm Guido of Mexico took gold in the 60 kg. men's Open. In the 67.5 kg. Open class, team USA's Brian Montefolka easily won over the next place competitor with a total of 617.5 kg. The afternoon session saw the men's 75 kg. and 82.5 kg. classes on the platform. David Hammers of team USA won Open gold with a great 7 for 9 day and a 725 kg. total, ultimately earning the men's best lifter award. In the 82.5 kg. class, Todd Straub of USA out lifted teammate Tony Reid to win. The final day of lifting began in the morning with the 90 kg. and 100 kg. lifters. Jim Brown of the USA took first at 90 kg. with a 9 for 9 performance and a total of 747.5 kg. Mike Moylen won the gold at 100 kg. over teammate Curt St. Romain with a 677.5 total. The heavyweights rounded out the competition in the afternoon, with local TV stations and newspapers on hand to see the big weights moving. Harold Milan of Puerto Rico won the gold at 110 kg. going 8 for 9 and totaling 812.5 kg. Teammate David Estrada earned another gold for Puerto Rico at 125 kg. with a total of 805 kg. Terrance Brooks finished out the day for the USA men's Open team with a first place at 125+ kg. As with the women's team, the men earned the Open team trophy with six first places over runner-up Puerto Rico. The men's Subjunior/Junior team from the

USA faced strong competition from the other participating countries, with two Subjunior and four Junior weight categories with placings again determined by Wilk's total. Jason Hinkel earned first place in SJ lightweights while Edwin Turcios of Guatemala won gold in the SJ heavyweights. In the Junior I, Vladimir Rivas of Guatemala, with a Wilk's total of 431.68, edged out Emmanuel Rodriguez of Puerto Rico, whose Wilk's total was 430.10. The Junior II category saw Hector Samayoa of Guatemala beat teammate Seelyvn Segura for the gold. Team USA scored higher in the heavier weight Junior categories. In Junior III, Austin Smith of the USA took first place. For the Junior IV category, Shawn Stanislaw of team USA won the gold. Guatemala earned the gold in the Junior team results with three first place rankings and 63 team points over the USA with three first places and 59 points. The men's Master category also faced significant competition, but fared quite well. Again, placings were determined by Wilk's total within each weight class grouping. Greg Page of team USA won the gold along with the best men's Master lifter award with a 7 for 9 performance in the Master's I weight class. Jim Brown's performance earned him first place in the MI group II weight class. Ramon Miranda of Puerto Rico took first place in the MI group III weight class while teammate David Estrada won gold in the MI group IV class. In Master's II, team USA dominated all the weight classes. Bill Clayton took first place in group I over teammate Rich Blaumuller. Floyd Givens won easily in group II, the largest of the MI groups. In Master's III, Bill Heimlich set a new world record with his second bench press while easily winning the gold. The men's Master's team ended up with five first places and 69 points over second-place Guatemala. Team USA also dominated the best lifter awards. Katie Van Dusen won Women's Junior, Rhonda Clark won Women's Master, David Hammer won Men's Open, Jason Hinkel won Men's Junior, and Greg Page won Men's Master. Giselle Costas of Puerto Rico won the Women's Open. But even though the USA team performed so well, lifters from other nations provided some of the most inspirational moments of the competition. Paralympian Arnia Perez, Mexico's only female lifter in the contest, lifted 125 kg. in the bench press, going 2 for 3 in the 56 kg. class. During the men's competition, she was on the platform taking her practical exam for IPF level referee status. Spectators and lifters alike were on their feet shouting their support during the first session on men's day two cheering on Osvaldo Jaime of Guatemala, a 100 kg. Master's lifter with a prosthetic right leg. Spotters placed the bar on his back for the squat since he could not back out of the rack. Osvaldo ended up with 6 for 9 good lifts and with a 335 kg. total for the competition. In the second session, the crowd again cheered for Carlos Green from Trinidad and Tobago, a blind lifter in the 125 kg. class. Led to the platform by his assistant for each lift, he meticulously set up each lift and went 8 for 9, missing only his final bench press. He actually sat in the hole on each squat and powered back up. Making each lift look easy, his performance prompted some of the crowd to cheer "put some weight on the bar. Townsend said this competition demonstrated how NAPF is growing as a region, with the number of athletes having doubled since last year's meet. He said the NAPF meet "shows the work of USAPL, Rob Keller, and Larry Maile to help raise the status of powerlifting toward inclusion in the Olympics." Next year's NAPF Championship will be in Trinidad and Tobago. For Powerlifting USA: Team standings: Women's Open: USA 72, Guatemala 37, Puerto Rico 32, El Salvador 17, Honduras 6. Women's Junior: USA 63, Puerto Rico 21, El Salvador 13, Guatemala 8. Women's Master: USA 58, Guatemala 21, El Salvador 7. Men's Open: USA 72, Puerto Rico 60, Guatemala 44, Mexico 42, El Salvador 38, Costa Rica 30, Trinidad/Tobago 12, Virgin Islands 8, Nicaragua 6, Ireland 6, Honduras 4. Men's Junior: Guatemala 63, USA 59,



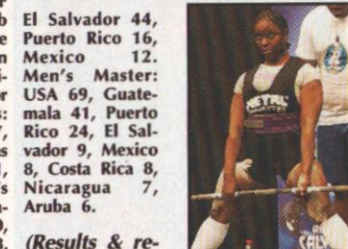
Ashley Matherne... was happy with her deadlift. (George Marts)



Wm. Helmich ... IPF World Record



Flag Bearers ... Ashley Matherne, Terrance Brooks, Jason Hinkel(TM)



(Results & report are courtesy of Teresa Merrick)

The Best Women Master... R. Clark

INTERNATIONAL POWERLIFTING ASSOCIATION
Lifters love Lifters Pro-Am Powerlifting

Application for Registration Office use only, do not complete

Last Name _____ First _____ Initial _____ New Member _____ Renewal _____ Exp. Date _____

Street Address _____ City _____

State or Providence _____ Zip Code _____ Country _____

Telephone _____ Email Address _____ Date of Birth _____ Age _____ Sex _____
Pro _____ Am _____

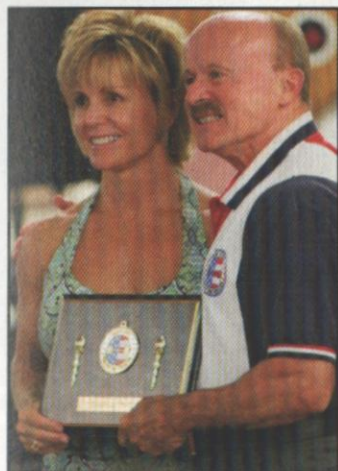
Sign if above answers are correct. Parents sign if under 18 years. _____ Date _____

Registration Fee: Adult \$30 ~ High School and Special Olympics \$25

Payment is accepted in the form of cash or money order. Payment can be made to your state chairman.
Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404

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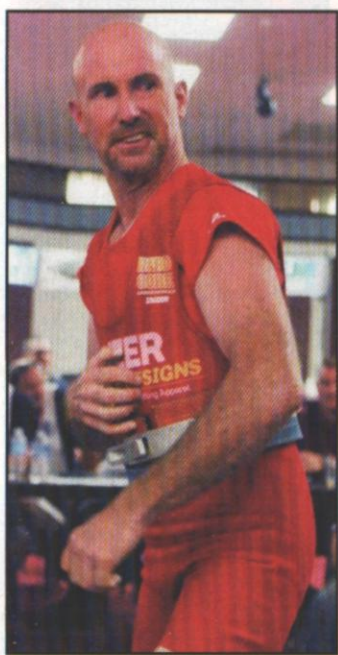
highest of standards - his own. Nobody's going to come along and eclipse the career of Ed Coan, he's just way too great.



Gordon Santee with Mary Jeffrey.



Chris Dranias from South Africa.



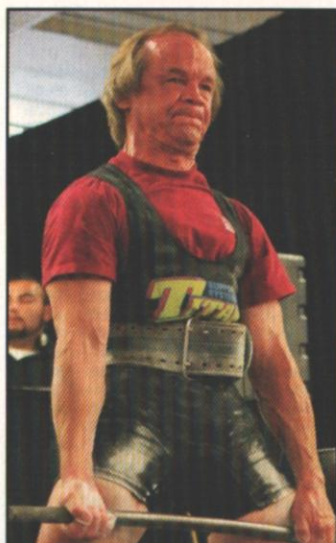
Kevin Meskew wants white lights

USPF National Championships
11 AUG 07 - Las Vegas, NV

Powerlifting	SQ	BP	DL	TOT
WOMEN				
Open				
114 lbs.				
B. Aerts	132	99	204	435
148 lbs.				
K. Matthews	342*	176	347	865
198 lbs.				
J. Loveall	364	265	408	1036
198+ lbs.				
N. l'Anson	375!	254!	375!	1003!
Submaster				
148 lbs.				
K. Matthews	342*	176	347	865
198 lbs.				
J. Loveall	364*	265*	408*	1036*
Master (40-44)				
198+ lbs.				
N. l'Anson	375!	254!	375	1003!
Master (45-49)				
114 lbs.				
B. Aerts	132	99	204	435
Master (50-54)				
123 lbs.				
S. Callahan	243!	204!	287	733!*
MEN				
Junior (16-17)				
181 lbs.				
J. Dominguez	375	215	408	998
242 lbs.				
C. Blackburn	408	243	502	1152
308 lbs.				
D. Ortega	491!*	347!*	529!*	1367!
Junior (18-19)				
165 lbs.				
N. Cambero	391	265	435	1091
Junior (20-23)				
148 lbs.				
T. Orawiec	314	248	386	948
198 lbs.				
J. Martini	380	287	474	1141
220 lbs.				
A. Aguilar	468	320	529	1317
308+ lbs.				
A. Cissell	524!	369!	485!	1378!
Open				
123 lbs.				
K. Meskew	270	182	353	805
148 lbs.				
S. Layman	573!	369!	507	1450!
D. Edmondson	546	320	535!	1400
V. Tanabe	474	259	502	1235
165 lbs.				
C. Varela	474	331	—	805
181 lbs.				
B. Benedix	639	336	562	1538
E. Kinsey	601	386	518	1505
D. Dejean	—	—	—	—
198 lbs.				
K. Kanemoto	612	485	562	1659
T. Eriksen	502	380	524	1405
J. Hernandez	502	364	502	1367
V. Calia	579	—	—	579
220 lbs.				
M. McCasie	623	435	667	1725
R. Harris	507	435	485	1427
E. Kratz	639	—	—	639
B. Burke	—	—	—	—
242 lbs.				
E. Coan	931!	518	810!	2260!
G. Grissinger	529	391	601	1521
A. Mohr	468	270	463	1202
275 lbs.				
T. Bruner	711	463	678	1852
A. Gonzales	579	402	507	1488
Frankovitch	419	419	468	1306
S. Smith	838	—	—	838
308 lbs.				
S. Cartwright	909!*	650!*	744!*	2304!*
J. Dentice	463	408	568	1439
A. Aerts	353	419	485	1257
R. Speno	728	—	—	728
308+ lbs.				
C. Dranias	882!	287	838!	2006!
Submaster (35-39)				
148 lbs.				
S. Layman	573	369	507	1450
198 lbs.				
J. Hernandez	502	364	502	1367
B. Pacheco	441	375	480	1295
242 lbs.				
R. Corbin	568	364	540	1472
275 lbs.				
S. Smith	—	—	—	—
308 lbs.				
S. Cartwright	909*	650*	744	2304*
R. Speno	728	—	—	728!
Master (40-44)				
148 lbs.				

D. Sorenson	485!	336!	491	1312!
V. Tanabe	474	259	502!	1235
198 lbs.				
L. Applewhite	446	—	—	—
V. Calia	579	—	—	—
220 lbs.				
K. Nieznanski	452	276	457	1185
242 lbs.				
E. Coan	931!	518!*	810!	2260!
275 lbs.				
D. Hester	502	430	518	1450
T. Cochran	463	386	485	1334
M. Menslage	623	—	—	—
G. Payne	678	—	—	—
Master (45-49)				
148 lbs.				
D. Edmondson	546!	320!	535!	1400!
181 lbs.				
B. Benedix	639!	336	562	1538
S. Helmer	452	—	—	452
198 lbs.				
K. Kanemoto	612	485!	562	1659
220 lbs.				
R. Harris	507	435	485	1427
G. Hayes	—	—	—	—
242 lbs.				
R. Ciano	551	413	568	1532
G. Grissinger	529	391	601	1521
275 lbs.				
T. Bruner	711!	463	678	1852
308 lbs.				
J. Dentice	463	408	568	1439
Master (50-54)				
123 lbs.				
K. Meskew	270!	182!	353!	805!
198 lbs.				
D. Bertier	364	325	529	1218
220 lbs.				
G. Baxter	529	320	551	1400
242 lbs.				
S. Denning	386	—	—	386
275 lbs.				
D. Brown	540	364	452	1356
308 lbs.				
A. Aerts	353	419!	485	1257
198 lbs.				
B. Gaynor	502	364!	617!	1483!
B. Johnson	601*	243	502	1345
R. Eriksen	402	287	452	1141
242 lbs.				
C. Stanley	573!	342	606!	1521!
Master (65-69)				
181 lbs.				
D. Martin	419	243!	446!	1108!
Master (75-79)				
181 lbs.				
R. Simon	281*	243*	309*	832*

*=American records. !=World records.
Meet Director: Steve Denison. WPF Referees: Dave Jeffrey, Dave Kyle, Eddie Horton, Jan Shendow, Vince Moser, Ron Scott, Gordon Santee, and Bill Ennis. National Referees: Scott Layman, Jim Merlino, Ted Isabella, and Joe Dalton. State Referees: Dr David Foster and Bob Connell. Master Score Sheet: Steve Denison. DJ: David Olea. Announcer: Lisa Wheeler. Score Cards: Tom Miller. Bar Loading Program: Jason Burnell. Spotter/Loaders: Ruben Arrendondo, Leon Sparango, Jesse Branham, Brian Schoonveld, Mark Swank, Greg Buffington, Craig Saewong, Scott Lay-



Master Power Dave Edmondson



Scott Layman setting up to bench

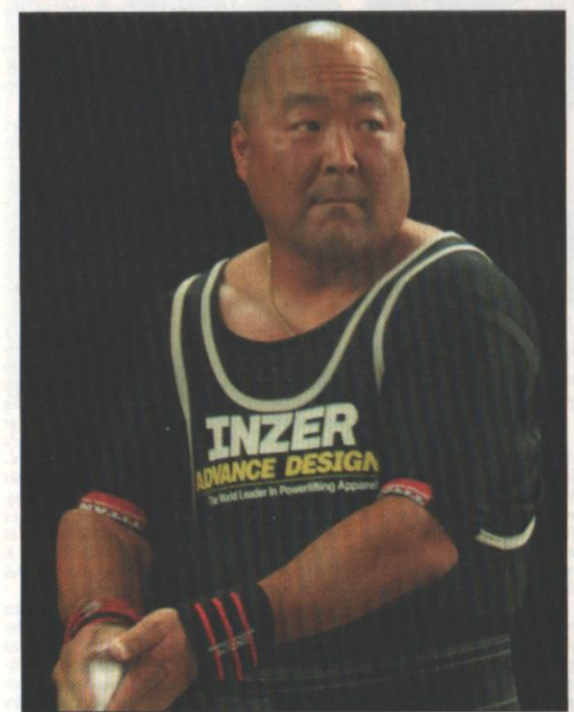


Best Women PL - Karen Matthews



Visualizing the Lift - Matt McCasie

man, and Jake Campos. Best Lifter Powerlifting Women: Karen Matthews. Best Lifter Powerlifting Junior Men: Nick Cambero. Best Lifter Powerlifting Open Men: Ed Coan. Best Lifter Powerlifting Master Men: Ed Coan. Thanks to Team Alan and Bonnie Aerts for their meet sponsorship! Thanks to Keith Lemm and CSS Photo Design for the great photos and best lifter pictures, Chris and Susan Grantano for the House of Pain booth, Matt and Emily McCasie for the Inzer booth, Dr. David Foster for his Sports Chiropractic on the Run booth, Mark Swank for providing the 50 kg. plates, and the Binions Hotel. (Thanks to Steve Denison for the results)



Keith Kanemoto a true gentleman of Powerlifting.



Dave Jeffrey remarking for the crowd on the greatness of Ed Coan

USPF National BP/DL
12 AUG 07 - Las Vegas, NV

BENCH	WOMEN	Junior (20-23)	123 lbs.	A. Decker	93!	Open	114 lbs.	B. Aerts	99
Rubic-Tawze	115	Master (45-49)	114 lbs.	B. Aerts	99	Master (50-54)	198+ lbs.	Rubic-Tawze	115!
220 lbs.	K. Wilson	325	Junior (18-19)	148 lbs.	T. Bloomer	286	220 lbs.	G. Muro	237
220 lbs.	O. Clark	—	308+ lbs.	J. Cooper	463!	148 lbs.	165 lbs.	J. Hadden	259
479!*	R. Pinelli Jr.	479!*	446	J. Hadden	259	463!	148 lbs.	T. Ossola	—



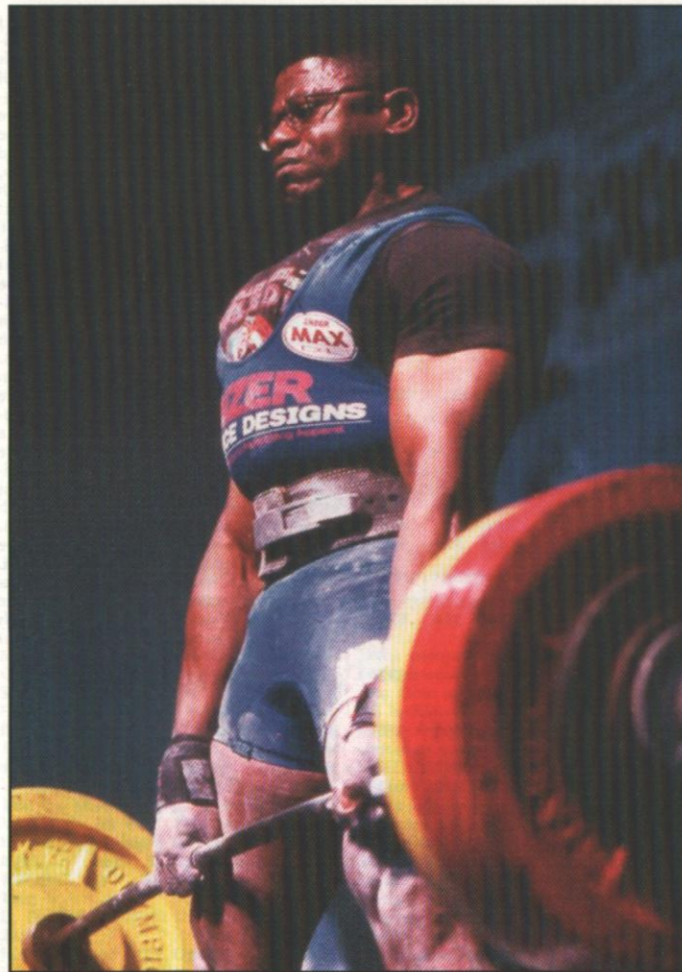
Brent Howard helped Coan on Saturday, won the 242 lb. deadlift on Sunday

R. Davis	325	181 lbs.	M. Olivares	451	308 lbs.
181 lbs.	H. Meier	380!*	242 lbs.	A. Aerts	512
B. Masello	534!*	242 lbs.	B. Howard	661	Master (55-59)
198 lbs.	K. Tawzer	358	G. Bult	644	181 lbs.
B. Littlefield	418	Master (60-64)	J. Gaynor	617	H. Meier
M. Olivares	308	165 lbs.	R. Scott	242	Master (60-64)
220 lbs.	R. Pinelli Jr.	479	A. Aerts	512	165 lbs.
R. Burke	396	198 lbs.	C. Rusher	507	R. Scott
242 lbs.	R. Tsutsui	308!	Submaster (35-39)	198 lbs.	198 lbs.
F. Goldberg	534!	B. Evans	242 lbs.	T. Smith	584
J. Connell Jr.	496	Master (70-74)	J. Grau	650	Master (65-69)
J. Gaynor	451	242 lbs.	Master (40-44)	181 lbs.	181 lbs.
G. Bult	451	B. Bradley	270!	R. Taylor	363
G. Butler	446	275 lbs.	Master (45-49)	165 lbs.	413
R. Harris	429	D. Herrera	363!*	F. White	551
K. Tawzer	358	DEADLIFT	242 lbs.	WOMEN	
B. Evans	—	Junior (20-23)	123 lbs.	S. Matthews	429
S. Hoekstra	600!	3008 lbs.	A. Decker	248	Master (50-54)
J. Potts II	507	Open	114 lbs.	Meet Director: Steve Denison. WPF Referees: Dave Jeffrey, Dave Kyle, Eddie Horton, Jan Shendow, and Bill Ennis. National Referees: Scott Layman, Jim Merlino, Ted Isabella, and Joe Dalton. State Referee: Dr. David Foster. Score table: Master Score Sheet: Steve Denison. DJ: David Olea. Announcer: Lisa Wheeler. Score Cards: Tom Miller. Bar Loading Program: Jason Burnell. Spotter & Loaders: Jesse Branham, Greg Buffington, Craig Saewong, Scott Layman, and Jake Campos. Best lifter Bench Press Women: Bonnie Aerts. Best lifter Bench Press Junior Men: Richard Pinelli Jr. Best lifter Bench Press Open Men: Bob Masello. Best lifter Bench Press Master Men: Scott Hoekstra. Best Lifter Deadlift Women: Alex Decker. Best Lifter Deadlift Junior Men: Garrett Muro. Best Lifter Deadlift Open Men: Brent Howard. Best Lifter Deadlift Master Men: Roger Hill. State Bench Press Records Set: Scott Hoekstra, 275 Master 40-44, 622 bench; Danny Herrera, 275 Master 70-74, 363 bench. State Deadlift Records Set: Mary Rubic-Tawzer, 198+ Master 50-54, 231 deadlift; Cody Blackburn, 242 Junior 16-17, 512 deadlift. (courtesy Steve Denison)	

WABDL Greater Seattle BP/DL
3 FEB 07 - Issaquah, WA

BENCH	Submaster (33-39)	
WOMEN	181 lbs.	
Master (40-46)	J. Cranston	330
105 lbs.	198 lbs.	
C. Moorman	160 T. Furusho	400
Master (47-53)	Teen (12-13)	
165 lbs.	132 lbs.	
N. Carpenter	175 T. Manos	100
198 lbs.	148 lbs.	
P. Michaels	215* J. Kreher	175*
199+ lbs.	Teen (16-19)	
M. Huston	198 lbs.	
Submaster	W. Palomaki	200
148 lbs.	242 lbs.	
R. Unson	155 D. Poole	190
Teen (16-19)	DEADLIFT	
114 lbs.	MEN	
S. Moorman	125* Class I	
MEN	275 lbs.	
Class I	A. Holdy	565
259 lbs.	Master (40-46)	
B. Sargent	S. Savard	
275 lbs.	Master (47-53)	
A. Holby	385 198 lbs.	
Master (40-46)	L. Woodley	635
198 lbs.	220 lbs.	
B. Sarbent	D. Stratton	660
275 lbs.	309+ lbs.	
L. Haywood	460 J. Mickelson	530
309+ lbs.	Master (54-60)	
V. Eldrige	390 242 lbs.	
Master (47-53)	R. Nelson	540
198 lbs.	Master (68-74)	
P. Fernandes	305 198 lbs.	
309+ lbs.	R. Waite	275
J. Mickelson	365 Open	
Master 961-67)	198 lbs.	
R. Smith	530* L. Woodley	635
Master (68-74)	275 lbs.	
198 lbs.	A. Holby	565
R. Waite	160 J. Mickelson	530
Open	Submaster (33-39)	
198 lbs.	181 lbs.	
T. Furusho	400 J. Cranston	520
220 lbs.	Teen (16-19)	
N. Lane	155 181 lbs.	
275 lbs.	E. Flay	405
A. Holby	385	

*=State Records. !=World Records. (Thanks to WABDL for providing the meet results)



Leamon Woodley... an American Veteran and veteran WABDL star.

WABDL Georgia State
9 DEC 06 - Suwanee, GA

BENCH	J. Holt	137
WOMEN	181 lbs.	
Junior	S. Schilling	253
148 lbs.	198 lbs.	
C. Postell	L. Smith	220
Master (40-46)	259 lbs.	
148 lbs.	M. Holland	325
K. Warren	165* 4th-347*	
Master (47-53)	275 lbs.	
181 lbs.	L. Wright	330
T. Hallmark	275 308 lbs.	
Teen (16-19)	C. Arnold	253
114 lbs.	Teen (16-19)	
B. Burroughs	143 114 lbs.	
N. Williams	192* R. Hunt	220
165 lbs.	165 lbs.	
K. Warren	170 P. Mitchell	242
MEN	198 lbs.	
Junior (20-25)	M. Barthen	
148 lbs.	242 lbs.	
A. Ramos	303* J. Fain	440
220 lbs.	DEADLIFT	
J. Saunders	352 MEN	
Law/Fire	Junior (20-25)	
Open	148 lbs.	
220 lbs.	A. Ramos	435*
M. Christie	479* 220 lbs.	
Master (47-53)	M. Christie	650
165 lbs.	4th-661*	
T. Greene	198 lbs.	
C. Brown	242 220 lbs.	
242 lbs.	M. Christie	650
R. Proctor	385 4th-661*	
Eldin	330 Master (47-53)	
B. Arnold	225 198 lbs.	
M. Patrick	507* C. Brown	429
Master (54-60)	Open	
220 lbs.	198 lbs.	
R. Edwards	507* B. Conner	507
Open	Submaster (33-39)	
198 lbs.	198 lbs.	
B. Conner	347 A. Johnson	573
M. Christie	479 220 lbs.	
Master (33-39)	W. Stephens	518
242 lbs.	242 lbs.	
K. Smith	363 K. Smith	402
308 lbs.	Teen (12-13)	
C. Berey	551* 148 lbs.	
Teen (12-13)	Meinersmann	209
C. Williams	100 4th-225*	
4th-110*	Teen (14-15)	
97 lbs.	97 lbs.	
S. Hale	88 J. Bruno	232*
105 lbs.	148 lbs.	
N. Aube	77 J. Holt	231
148 lbs.	198 lbs.	
Meinersmann	143 L. Smith	336
4th-148	275 lbs.	
Master (14-15)	L. Wright	578*!
97 lbs.	Teen (16-19)	
J. Bruno	121 259 lbs.	
148 lbs.	A. Mayo	303*

*=State Records. !=World Records. (Thanks to WABDL for providing the meet results)

WABDL MetroFlex Push Pull
24 FEB 07 - Arlington, TX

BENCH	C. Colchado	424
MEN	275 lbs.	
Class I	K. Shadid	402
165 lbs.	Master (54-60)	
D. Smith	413* 181 lbs.	
220 lbs.	R. Contreras	336
R. Ramsey	429 Master (61-67)	
275 lbs.	242 lbs.	
C. Smith	507* V. Breaux	451
Disabled	4th-462*	
259 lbs.	Master (68-74)	
C. Colchado	424* 220 lbs.	
Junior (20-25)	B. Bassman	391
181 lbs.	Submaster (33-39)	
J. McInermey	363 165 lbs.	
220 lbs.	D. Smith	413*
B. Hall	352 242 lbs.	
T. Lowery	325 D. Allen	402
259 lbs.	308 lbs.	
C. Dunkel	138 lbs.	
Law/Fire	E. Morrow	
Master (40-47)	165 lbs.	
242 lbs.	B. Ross	143*
G. Bowen	440 DEADLIFT	
Master (40-46)	220 lbs.	
E. Ross	418 123 lbs.	
242 lbs.	R. Sanco	259*
G. Bowen	424 MEN	
259 lbs.	Class I	

220 lbs.	275 lbs.	
R. Ramsey	600 K. Shadid	633
4th-622*	Master (47-53)	
259 lbs.	198 lbs.	
J. Dunn	661 T. Wilder	479
W. Smith	501 Master (54-60)	
Disabled	181 lbs.	
259 lbs.	R. Contreras	534
C. Colchado	551* Master (61-67)	
Junior (20-25)	242 lbs.	
220 lbs.	V. Breaux	562
B. Hall	501 4th-573*	
T. Lowery	518 Submaster (33-39)	
259 lbs.	220 lbs.	
C. Dunkel	E. Milfeld	644
Master (40-46)	259 lbs.	
181 lbs.	J. Dunn	661*
C. Goyes	540* Teen (16-19)	
259 lbs.	165 lbs.	
C. Colchado	551* C. Newby	485

*=State Records. (results courtesy WABDL)

WPC French Championships
MAY 07 - France

BENCH	Master III	
MALE	Mattei	352
123 lbs.	Master II	
Master I	Theux	468
110	220 lbs.	
132 lbs.	Open	
Open	Rossi	402
Rdouni	314 Master I	
148 lbs.	Rosotto	374
Open	242 lbs.	
Garcia	413 Open	
Eldin	330 Bertrand	529
165 lbs.	Dumont	330
Open	Master II	
Senecaut	264 Pastor	418
Master V	275 lbs.	
Feraud	275 Open	
181 lbs.	Clavier	440
Open	Master I	
Masson	308 Woltstroff	463
Hds	308 lbs.	
Camdessouce	253 Open	
Open	Ligier	806
Flandre	440 Netipan	396
Powerlifting	SQ	
MALE	BP	
123 lbs.	DL	
Open	TOT	
Ong	220 176 220 617	
148 lbs.		
Junior	Bourdeau	479 303 485 1267
165 lbs.	Master II	
Breton	507 297 606 1410	
181 lbs.	Master I	
Open	Athias	661 385 650 1697
198 lbs.	Master I	
Rollot	600 424 485 1510	
220 lbs.	Open	
Zozzoli	551 396 551 1499	
242 lbs.	DEADLIFT	
Master I	Herbulot	529

European Single Lift Championship
26-28 APR 07 - Horgen, SUI

BENCH	Huchel-FRA	242
114 lbs.	Senior	
Senior	Mikhailo-RUS	363
Wyss-SWI	220 181 lbs.	
116 lbs.	Junior	
Senior	Marro-FRA	440*
Tkach-RUS	110 Master II	
122 lbs.	Kogan-RUS	347
Senior	Master IV	
Zigante-SLO	110 Voisin-FRA	
Junior	Senior	
Bettens-BEL	88 Chatelain-FRA	413
138 lbs.	Smet-BEL	297
Teen II	Humar-SLO	264
Smet-BEL	60 198 lbs.	
165 lbs.	Master II	
Master II	Kohler-SWI	319
Delorme-FRA	286 Master III	
Master III	Zobach-RUS	330
Dessalvi-ITA	319* Master VI	
Master V	R. Sanco	308
242 lbs.	Senior	
G. Bowen	424 Veber-RUS	463
259 lbs.	Master VI	



Richard Ligier, WPC President for France, got the first 800 bench in French history with his 807 in the 308 lb. class. (Mike Sweeney)

Flandre-FRA	418 4th-574*
Servotte-BEL	385 Master VI
Vogel-SWI	220 Coazella-FRA
220 lbs.	220 lbs.
Junior	Master III
Herbert-FRA	573* Zobach-RUS
Master I	242 lbs.
Fomochk-RUS	474* Vermotte-BEL
Master II	518 242 lbs.
Miskowia-FRA	440 Master III
Thomas-ENG	418 Pilling-ENG
Tsynda-UKR	297 Geitner-GER
Green-ENG	242 Eager-ENG
242 lbs.	633 Rajtmaje-SWI
Master III	606 275 lbs.
Pilling-ENG	396 Junior
Senior	Sinitsa-RUS
Bertrand-FRA	540 Master III
275 lbs.	Kirilov-RUS
319 lbs.	474 319 lbs.
Junior	Master III
Sinitsa-RUS	308 Shprints-RUS
Master I	413 319 lbs.
Linde-SWI	485 Sushchak-RUS
Master III	661 104 lbs.
Kirilov-RUS	391 Raw
Senior	104 lbs.
Clavier-FRA	424 Master V
319 lbs.	Reeves-ENG
Master III	214* 111 lbs.
Schuler-FRA	451* Senior
Shprints-RUS	347 Walt-SWI
270	4th-276*
Senior	116 lbs.
Sushchak-RUS	573 116 lbs.
DEADLIFT	Senior
116 lbs.	Marinov-GER
Senior	297 DiBartolo-ITA
Tkach-RUS	242 Tkach-RUS
128 lbs.	122 lbs.
Senior	128 lbs.
Troitskay-RUS	259* Zigante-SLO
198	128 lbs.
Senior	Senior
Thomas-ENG	275 Thomas-ENG
Zigante-SLO	214 DiRocca-ITA
148 lbs.	248 154 lbs.
Teen I	154 lbs.
Frantar-SLO	297* Senior
165 lbs.	Aitkins-SWI
Master V	314 Vogt-SWI
Verevkin-RUS	385 176 lbs.
Senior	Senior
Mikhailov-RUS	507 Marchan-SWI
181 lbs.	198 lbs.
Master II	Senior
Kogan-RUS	440 Saussois-FRA
Master IV	440* 4th-446*
Ingold-SWI	385! 148 lbs.
4th-396!	Master I
Senior	Gachet-SWI
Mochalo-RUS	595 Master V
Humar-SLO	352 Baret-FRA
198 lbs.	385 165 lbs.
Master III	Junior
Whyte-ENG	551 Pisu-SWI
385	385

Master II	4th-253*	Foire-FRA	457 Master I
D'Heilly-FRA	463 148 lbs.	Zeccolell-ITA	396 Meehan-IRE
Senior	4th-540*	Zobach-RUS	463* Solsvey-RUS
Mikhailo-RUS	474 165 lbs.	Greaney-IRE	507 Kirilov-RUS
Pinto-ITA	463 181 lbs.	Master I	242 lbs.
Master I	Mikhailo-RUS	463	242 lbs.
Feuvrier-FRA	584 181 lbs.	Master III	Ortega-SWI
Coyle-IRE	485 Master II	Pilling-ENG	574 319 lbs.
Master II	Kogan-RUS	418	Teen III
Dufour-FRA	451 Master IV	Meehan-IRE	463* Sushchak-RUS
Kogan-RUS	429 Ingold-SWI	308*	275 lbs.
Master IV	4th-330*	Junior	Vasyuch-RUS
Ingold-SWI	374 Senior	Sinitsa-RUS	352
4th-397!	Mochalo-RUS	595	!=World Records. *=European Records.
Master VI	4th-661*		(Thanks to Sharon Clegg for the results)
Caballec-FRA	413* 198 lbs.		
Senior	Senior		
Mochalov-RUS	Servotte-BEL	617*	
628	220 lbs.		
Humar-SLO	352 Master II		
198 lbs.	Zeccolell-ITA	463	
Master III	Zobach-RUS	518*	
Sturmer-GER	628 Master IV		
Schoni-SWI	429 Zaharov-RUS	518*	
Master III	242 lbs.		
Whyte-ENG	529 Vermotte-BEL	628	
Pacaud-FRA	485 242 lbs.		
Master VI	242 lbs.		
Ulrich-SWI	396 Master III		
Bennett-ENG	396 Pilling-ENG	668	
Senior	220 lbs.		
Stoffel-FRA	540 Geitner-GER	529	
Aebi-SWI	479 275 lbs.		
Christens-SWI	1474 Junior		
Teen II	Sinitsa-RUS	374*	
Bokenha-GER	352 Master III		
220 lbs.	Kirilov-RUS	440	
Junior	319 lbs.		
Riccardi-FRA	529 Senior		
Master III	Sushchak-RUS	837*	
Zobach-RUS	508* Raw		
Master IV	116 lbs.		
Zaharov-RUS	518* Senior		
Senior	Marinova-GER		
203	203		

Lexen Xtreme Open
23 JUN 07 - Grove City, OH

BENCH	D. Williams	245			
MALE	APF Open	M. Chenos	—		
198 lbs.	242 lbs.				
AAPF	APF Open	G. Panora	740		
A. Staver	335	308 lbs.			
APF Open	685	APF Open	—		
J. Fry	220 lbs.	Re. James	—		
AAPF	440	M. Wenning	700		
R. Gipson	APF Master	BP	DL	TOT	
APF Master	Powerlifting				
Female	123 lbs.				
AAPF Junior	132 lbs.	275	175	310	750
N. Carr	132 lbs.				
AAPF Junior	290	140	300	730	
J. Ramirez	MALE				
148 lbs.	AAPF Teen				
AAPF Teen	A. Heilman	325	135	340	800
165 lbs.	AAPF Open				
AAPF Open	W. Dillard	375	285	380	1040
APF Open	APF Open	515	260	485	1260
S. Deems	181 lbs.				
APF Open	P. Harrington	880	530	600	2010
P. Harrington	198 lbs.				
APF Open	J. Adams	725	525	600	1850
J. Adams	660	375	505	1540	
Russo	APF Master	580	400	520	1500
APF Master	D. Perkins	525	325	500	1350
D. Perkins	AAPF Police				
AAPF Police	J. Haslar	525	325	500	1350
J. Haslar	220 lbs.				
AAPF Master	P. Sengos	675	525	570	1770
P. Sengos	APF Open	705	485	565	1755
APF Open	A. Griffin	660	505	570	1735
A. Griffin	APF Open	550	370	570	1490
B. Weber	242 lbs.				
APF Open	R. Douglas	560	455	545	1565
B. Turner	275 lbs.				
APF Open	J. Riddle	800	560	640	2000
J. Riddle	APF Submaster				
APF Submaster	E. Clark	800	625	575	2000
E. Clark	APF Open	675	450	625	1750
APF Open	S. Evans	560	455	545	1565
S. Evans	APF Junior				
APF Junior	R. Douglas	560	455	545	1565
R. Douglas	275 lbs.				
APF Open	J. Meyers	950	635	790	2375
J. Meyers	D. Hoff	930	590	705	2225
D. Hoff	M. Lenigar	840	640	685	2165
M. Lenigar	P. Hakola	810	605	675	2090
P. Hakola	(Thank you to Sir Charles for these results)				

APF Georgia Bench Bash
14 JUL 07 - Kennesaw, GA

BENCH	T. Gralnik	551			
Raw <td>Z. Freiwald</td> <td>518</td> <td colspan="3"></td>	Z. Freiwald	518			
181 lbs.	308 lbs.				
D. Philips	231	Anderson-Dre	606		
220 lbs.	385	C. Dennis Jr.	589		
J. Rish	275 lbs.	J. McCormick	451		
AAPF	485	R. Hodge	677		
APF Open	407	DEADLIFT			
G. Panora	308 lbs.	A. Jordan	485		
308 lbs.	220 lbs.	Teen			
APF Open	413	J. Hodge	413		
Re. James	358	T. Riordan	358		
—	220 lbs.	T. Gralnik	551		
—	308 lbs.	S. Peed	440		
—	242 lbs.	A. Leverance	292		
—	220 lbs.	A. Jordan	578		
—	275 lbs.	S. Dwelle	661		
—	650	Open			
—	628	A. Leverance	440		
—	S. Dwelle	633			



Russell Anderson-Drew prepares to bench at the APF Georgia Bench Bash. This training partner of meet director Jon Grove, made a 606 at this meet.

ence with three lightning quick pulls to completion leaving at least 50 pounds on the platform. Lastly, NGBB's Steve Dwelle pulled a PR 633 for the biggest pull out of the six lifters this day! The quality lifting was followed by the usual NGBB picnic, which included lots of beer and some fantastic catered food to refuel the depleted lifters and spectators. Thanks to everyone for participating. Special thanks to WC Carter, Silas Peed and Jeremy McCormick for driving up from Auburn, AL to set some PR's in preparation for the APF Georgia State Meet in September. (results provided to PL USA by Jon Grove, APF State Chair/the Owner of N.G.B.B.)

USAPL Teen & Junior Nationals
9-10 JUN 07 - Kalamazoo, MI

Powerlifting	SQ	BP	DL	TOT	
MALE					
114 lbs.					
Teen I	G. Sullivan	276	193	303	772
J. Severs	226	171	331	728	
M. Timiney	193	105	265	562	
Teen II	P. Rotar	342	209	347	898
D. Nealy	292	132	342	766	
Teen III	S. Kapala	—	182	336	518
Teen I	N. Steinmetz	287	176	342	805
D. Roblyer	254	138	287	678	
Teen II	J. Rein	358	193	331	882
J. Bolander	287	176	325	788	
Teen III	C. Tran	369	187	408	965
N. Norwood	331	248	325	904	
B. Naquin	320	154	397	871	
132 lbs.					
Junior	J. Rein	369	226	430	1025
A. Healy	314	237	353	904	
Teen I	K. Kraft	380	231	364	976
J. Norton	292	182	369	843	
J. Franklin	—	—	—	—	
Teen II	N. Stevenson	386	209	408	1003
McCormick	347	237	408	992	
D. Miller	—	—	—	—	
Teen III	N. Bouttle Jr.	524	265	474	1262
148 lbs.					
Junior	Niedoliwka	540	331	562	1433
Teen I	A. Wax	342	209	380	931
P. Sholar	353	165	358	876	
Teen II	Hendrickson	402	265	485	1152
F. Rodriguez	408	248	457	1113	



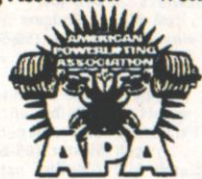
Tony Bolognone squatted 1050 and totaled 2580 in the 308 lb. class, competing at the APF Lexen Xtreme Open. (Chuck Venturella)

K. Allen	424	237	419	1080	
V. Scavuzzo	358	226	386	970	
G. Curtis	314	237	397	948	
M. Carter	353	220	353	926	
Teen III	T. Baines	397	292	452	1141
R. Savell	408	237	413	1058	
Spiekermann	392	204	441	1037	
K. Powers	353	237	424	1014	
165 lbs.					
Junior	M. Sleinmetz	513	347	524	1383
N. Royer	446	408	491	1345	
J. Norwood	474	375	435	1284	
Teen I	T. Skaggs	430	204	419	1053
K. Bevins	281	138	336	755	
Teen II	K. Douglas	540	270	474	1284
M. Srokowski	402	243	452	1097	
J. Post	402	254	441	1097	
I. Amburgy	402	254	435	1091	
R. Weber	358	231	419	1009	
J. Ford	—	248	386	634	
L. Schmidt	—	237	—	237	
Teen III	Hollenbeck	551	353	628	1532
L. Hishgman	502	391	502	1394	
D. Merritt	435	265	502	1202	
T. Thomas	419	281	441	1141	
E. Grundy	413	281	430	1124	
Z. Beikmann	391	237	402	1031	
181 lbs.					
Junior	S. Meche	606	358	606	1571
T. Acosta	590	320	645	1554	
B. Beikmann	584	342	573	1499	
C. Sprague	435	254	513	1323	
F. Knight	452	254	138	843	
J. Longfellow	—	331	562	893	
Teen I	L. Hoffman	452	303	491	1246
J. Jordani	507	303	391	1202	
Teen II	J. Clark	689	413	579	1681
Teen III	B. Sumner	739	446	584	1769

USAPL 5th Pete Lanzi Memorial
2 JUN 07 - Cleveland, OH

BENCH	115 lbs.	132 lbs.	Raw	Master I	Master II	Master III	85	123 lbs.	132 lbs.	Raw	Master I	Master II	Master III	85	123 lbs.	132 lbs.	Raw	Master I	Master II	Master III	85					
A. Furnas	485																									
Open																										
Schoenmeyer	85	A. Mamola	535																							
198 lbs.																										
Master I	J. Wrabel	385																								
Master II	B. Morris	85																								
123 lbs.																										
Master I	T. Strosie	510																								
220 lbs.																										
Open	M. Landino	570																								
Raw	J. Krafcik	325	280	455	1060																					
Master I	M. Landino	570																								
148 lbs.																										
242 lbs.																										
Open	R. Falkowski	370																								
165 lbs.																										
Master II	L. Miller	500																								
181 lbs.																										
BENCH Reps	K. Mayer	240	49																							
K. Mayer	V. Perlick	190	30																							
190	B. Tatulinski	65	28																							
65	K. Schoenmeyer	55	25																							
55	J. Scribner	145	23																							
145	D. Pagonis	200	20																							
200	N. Schneider	175	17																							
175	B. Yenick	220	13																							
220	K. Brodeur	200	13																							
200	J. Mostoller	150	12																							
150	H. Cypher	225	10																							
225	Powerlifting	SQ	BP	DL	TOT																					
115 lbs.																										
Teen I	T. Fox	220	145	270	635																					
132 lbs.																										
Master I	M. Freecorn	290	230	350	870																					
220 lbs.																										

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance



First Name	Last Name	Middle Initial	Today's Date
Street Address	City	State	Zip Code
Telephone Number	E-Mail address	Date of Birth	
Sex	Social Security Number	Signature (Parent if under 18 years old)	

\$25 Adult Membership \$15 High School Student

Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204

APA New England Open
22 JUL 07 - Wallingford, CT

BENCH FEMALE Raw 165 lbs. Master II Drug Tested L. Hall 135 MALE Submaster DT C. Byrnes 370 Open DT C. Byrnes 370 181 lbs.	B. Swanson 485 220 lbs. Submaster S. Cormier 540 242 lbs. BENCH MALE 242 lbs. Master III DT R. Cote 415 275 lbs. Open S. Coe 485 181 lbs. Submaster DT J. Baril 520 242 lbs. Master II DT B. Borofsky 360 308 lbs. Submaster B. Lapila 560 Master III DT B. Paoletti 450 Master III B. Paoletti 450 SHW Submaster DT R. Rebovick 450 123 lbs. Open DT P. Peang 230 181 lbs. Submaster Push Pull MALE 181 lbs. Teen (18-19) Drug Tested D. Anneser Raw 132 lbs. Open DT L. Figueroa 245 165 lbs. Open DT A. Spinnato 235 242 lbs. Open DT E. Hubbard 275 lbs. Submaster DT T. West 450 475 925 DT=Drug Tested. Venue: Metal Health Gym. A very special thanks to Nic Ugolic, the staff he provided to make this event run smooth, and to my old friend Roland Cote for all they put into making this a memorable and very well run event. Several new records were set that shall be noted on the APA website soon. (Thanks to Scott Taylor, APA President, for these results)
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Drug Tested J. Bonilla 330 CURL MALE Raw 132 lbs. Teen (16-17) Drug Tested J. Rocks 100 148 lbs. Teen (13-15) DT D. Taylor 120 181 lbs. Teen (13-15) DT J. Baril 115 275 lbs. Master II DT B. Borofsky 145 275 lbs. Submaster DT R. Rebovick 175 DEADLIFT MALE 198 lbs. Teen (18-19) Drug Tested J. Fuller 600 198 lbs. BP DL TOT 292 451 744 K. Stuart 242 lbs. Master I M. Bean 352 562 914 Master Pure M. Bean 352 562 914 308 lbs. Submaster I C. Anderson 418 463 881 Powerlifting SQ BP DL TOT 418 463 881 148 lbs. High School J. Duke 259 104 264 628 Raw 132 lbs. Submaster II M. Carter 264 143 292 700 MALE 123 lbs. High School R. Ramirez 226 192 297 716 148 lbs. Submaster I R. Perry 573 297 501 1372 242 lbs. Junior A. Patterson 628 402 633 1664

NASA East Texas Open
30 JUN 07 - TX

BENCH MALE 198 lbs. Master I S. Green 374 242 lbs. Master II J. Baldwin 270 275 lbs. Int T. Crosson 391 308 lbs. Master I C. Spurrison 501 501 C. Spurrison 501 SHW Master I D. McCaskill 496 Raw 275 lbs. Submaster Pure J. Butler 523 PS BENCH 275 lbs. Master II R. Harris 319 Push Pull 198 lbs. Master II K. Stuart 292 451 744 242 lbs. Master I M. Bean 352 562 914 Master Pure M. Bean 352 562 914 308 lbs. Submaster I C. Anderson 418 463 881 Powerlifting SQ BP DL TOT 418 463 881 148 lbs. High School J. Duke 259 104 264 628 Raw 132 lbs. Submaster II M. Carter 264 143 292 700 MALE 123 lbs. High School R. Ramirez 226 192 297 716 148 lbs. Submaster I R. Perry 573 297 501 1372 242 lbs. Junior A. Patterson 628 402 633 1664
--

275 lbs. High School M. Rougely 622 248 — 870 SHW Master I D. McCaskill 683 496 540 1719 Raw 148 lbs. High School J. Romero 231 137 319 688 220 lbs. Master I K. Romero 551 325 600 1477 242 lbs. Junior J. Vestal 551 363 633 1548 Open J. Vestal 551 363 633 1548 308 lbs. Open H. Thomason 760 352 644 1758 Power Sports CR BP DL TOT MALE 148 lbs. Int S. Angelone 137 297 429 865 Open S. Angelone 137 297 429 865 Pure S. Angelone 137 297 429 865 165 lbs. Junior B. Gatons 121 253 429 804 Master I T. Hedrick 137 281 457 876 181 lbs. Master Pure S. Kivela 121 281 446 848 198 lbs. Submaster I B. Benjamin 137 281 385 804 220 lbs. Master I G. Martin 137 347 451 937 Pure J. Rocker 187 418 424 1030 Submaster II J. Rocker 187 418 402 1008 275 lbs. Master II R. Harris 176 319 413 909 SHW Int Z. Gerich 165 391 540 1096 (Thank you to Rich Peters for these results)

Erie Community College BP/DL
5 MAY 07 - Buffalo, NY

BENCH FEMALE Open 275 lbs. R. Miller 275 J. Ochoa 185 M. Scarpello 265 Master (65-69) McQuiggan 205 A. Gajkowski 215 MALE J. Tabarlet 429 Open J. Tabarlet 429 BP DL TOT 292 451 744 242 lbs. Master I M. Bean 352 562 914 Master Pure M. Bean 352 562 914 308 lbs. Submaster I C. Anderson 418 463 881 Powerlifting SQ BP DL TOT 418 463 881 148 lbs. High School J. Duke 259 104 264 628 Raw 132 lbs. Submaster II M. Carter 264 143 292 700 MALE 123 lbs. High School R. Ramirez 226 192 297 716 148 lbs. Submaster I R. Perry 573 297 501 1372 242 lbs. Junior A. Patterson 628 402 633 1664
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Best Lifter Bench Press: Sean Hailey. Best Teams Bench: 1st-Niagara Powerlifting Club, 2nd-Monster Garage Gym. Best Lifter Deadlift: Tim Myers. Lifters from Bradford, PA, Niagara Falls, Lewiston, and others made the trip to Orchard Park, NY. Lifters turnout was low, but the lifting couldn't be anymore intense. In the bench women's division, Rae Ann Miller showed who's boss with a good 275, and small in stature but big in lifts was Jeanie Ochoa with a strong 185. Also worth noting, Christine McQuiggan had a PR 205 rounding out the women's masters. Teenage men (14-15), Travis Barke's 235 gave him bragging rights for this year. Two teenagers in the (18-19) Blaine Sheffer 340 and Mike Gambino 275 gave it all to make that division interesting. In the master's men, what can I say? Look at the score sheet, as what is old is new again. Any of these guys came back to try it again. John Constaine, Mark Becht, Dennis Brochey (bring it on dude), and at age 63 Mike Scarpello. Best Bencher was Sean Hailey with a fine 520 at 210. I remember when he was 181 and hd hair. Two teams entered. First was the Niagara Powerlifting Club, and second was the Garage Gym. Now on to the deadlift. Big lifts for all sizes of lifters. Most notable were Tim Myers 620 at 196. At age 47 he's my hero. Note to Tim, "I'm gunin for ya next year." Jeanie Ochoa 340 at 126, Don Swingle master lifter in the open division 181 did 460, a battle in the 242's between Matt Ledewski and Aaron Newman, with Matt doing a calculated 675 to Aaron's 605. Wait until next year. Thank you's go out to the ECC Football Team. Most notable to the five players that showed up on meet day and to Coach Green and staff. Thanks to our judges, head judge tony Evans, Johnie Ellsberry, Mary Schmidt, Phil DiFrancisco, and Chuck West. Thanks to the ladies that control the table, Holly DiFrancisco and Paget Becht. Thanks to Mom Napora our board girl, and Kyle Chase for helping his old uncle Mark. This meet helps the ECC Kats football team with travel expenses. Until next year, lift heavy or go home! (results courtesy Mark Becht)

APF South Texas Powerlifting
9 JUN 07 - Seguin, TX

BENCH MALE Open 148 lbs. T. Barnard 210 181 lbs. Larbalestrier 247* 198 lbs. B. Purkey 216 220 lbs. A. Cantu 273* A. Dobie 186 P. Richards 142 K. O'Reilly 180* Junior (16-17) 148 lbs. J. Hill 210 Junior (18-19) Powerlifting SQ BP DL TOT 280 210 276 766 198 lbs. H. Hejl 388 240 299 929 220 lbs. P. Richards 185 142 253 582 242 lbs. D. Donegan 406 296 314 1016 J. Allard 284 221 302 808 308 lbs. W. Lee 381 269 339 991 Junior (13-15) 198 lbs. A. Hernandez 203 138 247 589 181 lbs. K. Eddleman 299 168 295 763 198 lbs. D. Nunez 281 152 295 729 D. Fisher 286 146 313* 747 220 lbs. A. Rosales 204 110 176 491 242 lbs. A. Alaniz 279* 214* 297* 791* Junior (18-19) 220 lbs. J. Whitney 228* 272 836 Submaster (33-39) 242 lbs. L. Fenti 368* 276* 339 984* Masters (40-44) 242 lbs. K. Eddleman 322 248 298 869 Master (45-49) 220 lbs. D. Deuter 286* 215* 264* 766* Master (55-59) 148 lbs. J. Fisher 241* 122* 254* 618* Master (60-64) 220 lbs. K. Price 260 196 306 764 275 lbs. M. Allen 275 lbs. Master (70-74) 148 lbs. D. Kling 162 105 195 464 Police/Fire
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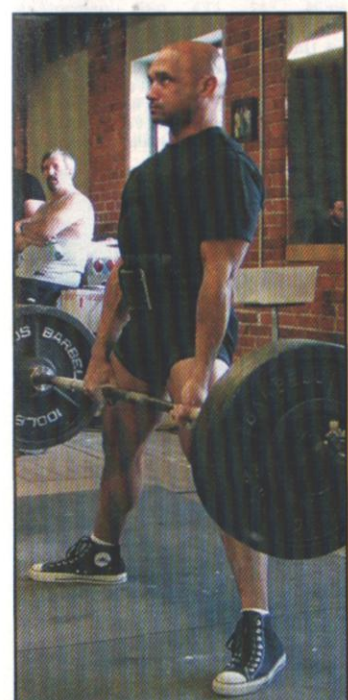


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email: ceo@metabolicdiet.com or call toll free 1-866-397-1343

335* 228* 272 836 242 lbs. L. Fenti 368* 276* 339 984* Masters (40-44) 242 lbs. K. Eddleman 322 248 298 869 Master (45-49) 220 lbs. D. Deuter 286* 215* 264* 766* Master (55-59) 148 lbs. J. Fisher 241* 122* 254* 618* Master (60-64) 220 lbs. K. Price 260 196 306 764 275 lbs. M. Allen 275 lbs. Master (70-74) 148 lbs. D. Kling 162 105 195 464 Police/Fire	335* 228* 272 836 242 lbs. L. Fenti 368 276 339 984 242 lbs. K. Eddleman 322 248 298 869 Master (45-49) 220 lbs. D. Deuter 286* 215* 264* 766* Master (55-59) 148 lbs. J. Fisher 241* 122* 254* 618* Master (60-64) 220 lbs. K. Price 260 196 306 764 275 lbs. M. Allen 275 lbs. Master (70-74) 148 lbs. D. Kling 162 105 195 464 Police/Fire	W. Davis — 149-199 lbs. A. James — T. Graves 450* SHW Teen (17-19) 149-181 lbs. Master N. Truong 280 B. Nalty 260 165 lbs. & Below R. Blaumuller 225 182-219 lbs. 199-242 lbs. J. Richardson 060 H. Long 300 220-275 lbs. R. Jinks 315 D. Dale 375 W. Sharp 450 C. Anderson 350 S. Self 410 Teen (13-16) N. Jones 315 149-181 lbs. 243+ lbs. W. Davis II 245 B. Nichols 600 T. Buchanan 235 C. McMullin — T. Patton — T. Comans 200 Junior (20-23) B. Clayton 350 182-219 lbs. J. Cole — S. Tadlock 250* T. Esposito 300 K. Harmon 450* *State Records. Best Overall Lifter: Kevin Harmon. Best Teenage Lifter: David Dale. Venue: Courthouse Racquet & Fitness Club.
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Luis Figueroa pulled a nice 425 deadlift @ 132 at the APA New England Open (from Scott Taylor)

MHP Athlete Brian Schwab Shatters another WORLD RECORD. MHP athletes are really on a World Record breaking tear. Brian Schwab is the latest new World Record holder with an amazing 530 pound bench in the 148 pound class. Brian has been long recognized as one of the world's best and has many records under his belt. Most recently, he benched 530 pounds and totaled 1,855 pounds at the IPA Cincinnati Pro-Am in Franklin, Ohio. Both were all-time records with the most weight lifted regardless of federation for the 148 class. His bench press surpasses the previous record of 525 pounds as the all-time record in the 148s. His total beats his own all-time total record of 1,836 lbs.



GPC European Championships
MAY 07 - Schleswig, GER

BENCH

FEMALE

Teen (13-15)
105 lbs. V. Pukkila 264
114 lbs. M. Rackova 165
132 lbs. Master (40-44)
148 lbs. L. Sargsyan 380
175 lbs. A. Debudey 121
181 lbs. M. Labudova 132
198 lbs. M. Angel 126
207 lbs. A. Serghienko 170
225 lbs. A. Morawski 187
242 lbs. J. Grothe 132
260 lbs. S. Kojanova 176
275 lbs. M. Rose 148
292 lbs. S. Brandt 154
309 lbs. Open
324 lbs. F. Kharif 99
341 lbs. 148 lbs. H. Weinelt 148
358 lbs. A. Marcus 88
375 lbs. O. Koveza 198
392 lbs. S. Parakenings 110
409 lbs. 123 lbs. Medvedeva 246
426 lbs. B. Beneke 148
443 lbs. I. Gerhardt 132
460 lbs. P. Balogh 209
477 lbs. Z. Tariani 209
494 lbs. A. Morawski 187
511 lbs. 165 lbs.

123 lbs. M. Rackova 165
132 lbs. L. Sargsyan 380
148 lbs. A. Debudey 121
157 lbs. M. Labudova 132
176 lbs. M. Angel 126
195 lbs. A. Serghienko 170
214 lbs. A. Morawski 187
233 lbs. J. Grothe 132
252 lbs. S. Kojanova 176
271 lbs. M. Rose 148
290 lbs. S. Brandt 154
309 lbs. Open
328 lbs. F. Kharif 99
347 lbs. 148 lbs. H. Weinelt 148
366 lbs. A. Marcus 88
385 lbs. O. Koveza 198
404 lbs. S. Parakenings 110
423 lbs. 123 lbs. Medvedeva 246
442 lbs. B. Beneke 148
461 lbs. I. Gerhardt 132
480 lbs. P. Balogh 209
499 lbs. Z. Tariani 209
518 lbs. A. Morawski 187
537 lbs. 165 lbs.

123 lbs. I. Hagge 220
132 lbs. Master (60-64)
141 lbs. C. Schubert 99
150 lbs. MALE
159 lbs. Teen (13-15)
168 lbs. 114 lbs. V. Pukkila 264
177 lbs. 132 lbs. M. Rackova 165
186 lbs. 148 lbs. L. Sargsyan 380
195 lbs. 175 lbs. A. Debudey 121
204 lbs. 181 lbs. M. Labudova 132
213 lbs. 198 lbs. M. Angel 126
222 lbs. 207 lbs. A. Serghienko 170
231 lbs. 214 lbs. A. Morawski 187
240 lbs. 233 lbs. J. Grothe 132
249 lbs. 252 lbs. S. Kojanova 176
258 lbs. 271 lbs. M. Rose 148
267 lbs. 290 lbs. S. Brandt 154
276 lbs. 309 lbs. Open
285 lbs. 328 lbs. F. Kharif 99
294 lbs. 347 lbs. 148 lbs. H. Weinelt 148
303 lbs. 366 lbs. A. Marcus 88
312 lbs. 385 lbs. O. Koveza 198
321 lbs. 404 lbs. S. Parakenings 110
330 lbs. 423 lbs. 123 lbs. Medvedeva 246
339 lbs. 442 lbs. B. Beneke 148
348 lbs. 461 lbs. I. Gerhardt 132
357 lbs. 480 lbs. P. Balogh 209
366 lbs. 499 lbs. Z. Tariani 209
375 lbs. 518 lbs. A. Morawski 187
384 lbs. 537 lbs. 165 lbs.

123 lbs. T. Akbari 121
132 lbs. B. Humbert 292
141 lbs. W. Becker 286
150 lbs. C. Jacobsen 209
159 lbs. A. Bole 242
168 lbs. J. Girardin
177 lbs. M. Heuer 270
186 lbs. J. Deli 497
195 lbs. G. Gutmanis 330
204 lbs. Y. Khabzhyan 352
213 lbs. Teen (16-17)
222 lbs. S. Quitzau 341
231 lbs. D. Mahieu 198
240 lbs. P. Coenen 286
249 lbs. A. Chamand 231
258 lbs. 181 lbs. D. Gatis 187
267 lbs. A. Knaack 319
276 lbs. S. Graubaum 330
285 lbs. M. Rose 308
294 lbs. P. Rudnysky 275
303 lbs. P. Kunz 203
312 lbs. S. Gerezhuik 181
321 lbs. 181 lbs. R. Gints 457
330 lbs. J. Marro 440
339 lbs. A. Donath 418
348 lbs. V. Shala 380
357 lbs. D. Deuzhinin 374
366 lbs. A. Rudzitis 330
375 lbs. 198 lbs. Scherestner 231
384 lbs. 148 lbs. A. Rudzitis 330
393 lbs. G. Vollbehr 143
402 lbs. R. Amelang 253
411 lbs. M. Wendt 457
420 lbs. P. Oudeville 374
429 lbs. 165 lbs. E. Biermordt
438 lbs. A. Schroder 154
447 lbs. 181 lbs. L. Graf 286

275 lbs. H. Brice 628
284 lbs. N. Monier 352
293 lbs. A. Schatzki 270
302 lbs. 242 lbs. K. Gollnitz 628
311 lbs. M. Apksians 562
320 lbs. J. Gutveis 440
329 lbs. E. Spila 507
338 lbs. M. Lehto
347 lbs. J. Rantanen 683
356 lbs. Open
365 lbs. 123 lbs. R. Karkuschke 281
374 lbs. 132 lbs. N. Melis 363
383 lbs. G. Pulido 341
392 lbs. M. Redouane 325
401 lbs. 148 lbs. L. Sargsyan 220
410 lbs. R. Ramin 429
419 lbs. A. Sarkhan 407
428 lbs. M. Kutuzov 380
437 lbs. 181 lbs. S. Koshkin 573
446 lbs. Khoroshchak 573
455 lbs. I. Juhrsz 551
464 lbs. S. Oesterie 507
473 lbs. N. Cafarov 463
482 lbs. M. Monier 396
491 lbs. A. Liskovich 396
500 lbs. P. Zinko 319
509 lbs. 198 lbs. L. Lkupsik 606
518 lbs. V. Ponomarev 540
527 lbs. L. Gonzales 496
536 lbs. C. Ibrhimov 479
545 lbs. D. Velicka 463
554 lbs. M. Zamazal 463
563 lbs. C. Martin
572 lbs. M. Ahmadov
581 lbs. K. Otavib 639
590 lbs. B. Schwab 639
599 lbs. V. Mardanov 595
608 lbs. A. Paley 567
617 lbs. D. Micek 540
626 lbs. D. Kaufmann 540
635 lbs. N. Savokins 529
644 lbs. H. Selsam 529
653 lbs. S. Peters 518
662 lbs. A. Krumins 385
671 lbs. 242 lbs. M. Marten 727
680 lbs. A. Tretyakov 683
689 lbs. I. Ozols 622
698 lbs. Z. Csepregi 617
707 lbs. D. Michelson 540
716 lbs. K. Petr 485
725 lbs. U. Rinkinen 485
734 lbs. I. Pollacik 440
743 lbs. I. Ibrahimov
752 lbs. 275 lbs. S. Caletha 490
761 lbs. A. Mrosek 474
770 lbs. 309 lbs. K. Gollnitz 628
779 lbs. M. Bottcher 595
788 lbs. M. Gabor 529
797 lbs. Master (50-54)
806 lbs. 165 lbs. G. Muller 297
815 lbs. 181 lbs. R. Kadera 523
824 lbs. J. Teubner 407
833 lbs. L. Likh 352
842 lbs. F. Seewald
851 lbs. C. Morawski 352
860 lbs. 198 lbs. V. Maximov
869 lbs. R. Tomi
878 lbs. M. Lorenzen 385
887 lbs. 220 lbs. V. Ponomarev 485
896 lbs. V. Fadeev 446
905 lbs. 242 lbs. H. Brucker 534
914 lbs. K. Leibl 374
923 lbs. 275 lbs. V. Pevko 518
932 lbs. A. Richter 512
941 lbs. P. Sammrey 463
950 lbs. 165 lbs. A. Gregberis 385
959 lbs. 181 lbs. A. Miglans 385
968 lbs. G. Stolt 363
977 lbs. 198 lbs. L. Winter 214
986 lbs. 165 lbs. Winterscheid 264
995 lbs. 181 lbs. A. Katins 380
1004 lbs. R. Leskenmaa 443
1013 lbs. Master (65-69)
1022 lbs. K. Kulishnikov 275
1031 lbs. 198 lbs. J. Pukkila 485
1040 lbs. M. Morawski 380
1049 lbs. I. Barski 330
1058 lbs. 220 lbs. A. Gersdorf 463
1067 lbs. Borokowski 440
1076 lbs. 242 lbs. G. Szatmari 518
1085 lbs. G. Fortmann 451
1094 lbs. Nussbaumer 518
1103 lbs. Powerlifting SQ
1112 lbs. 309 lbs. V. Maximov 749
1121 lbs. T. Vasely 418
1130 lbs. 132 lbs. V. Stamm
1139 lbs. W. Antoon 308
1148 lbs. Teen (16-17)
1157 lbs. 105 lbs. W. Antoon 308
1166 lbs. 167 275 751
1175 lbs. Teen (18-19)
1184 lbs. 105 lbs. A. Serghienko
1193 lbs. Junior
1202 lbs. 148 lbs. K. Sohler 308
1211 lbs. 154 358 821
1220 lbs. Open
1229 lbs. 114 lbs. O. Koveza 308
1238 lbs. N. Herbepin 319
1247 lbs. 187 330 826
1256 lbs. 187 352 859
1265 lbs. 132 lbs. W. Michels 418
1274 lbs. 242 396 1058
1283 lbs. 4th-BP-254
1292 lbs. 148 lbs. P. Stumpeova 429
1301 lbs. 292 402 1124
1310 lbs. H. Stack 220
1319 lbs. 154 358 733
1328 lbs. Master (40-44)
1337 lbs. A. Debudey 187
1346 lbs. 126 264 578
1355 lbs. 132 lbs. L. Thomas 352
1364 lbs. 170 347 870
1373 lbs. 148 lbs. D. Miglane 330
1382 lbs. 165 308 804
1391 lbs. Master (50-54)
1400 lbs. S. Nefjodova 220
1409 lbs. 126 275 622
1418 lbs. Master (55-59)
1427 lbs. 265 lbs. H. Utecht 297
1436 lbs. 176 297 771
1445 lbs. MALE
1454 lbs. Teen (13-15)
1463 lbs. 114 lbs. R. Grebers 237
1472 lbs. 77 187 501
1481 lbs. 148 lbs. L. Sargsyan 496
1490 lbs. 220 402 1118
1499 lbs. 4th-DL-421
1508 lbs. 165 lbs. M. Heuer 386
1517 lbs. 253 440 1081
1526 lbs. 4th-SQ-396 DL-464
1535 lbs. 242 lbs. Y. Khndzyan 440
1544 lbs. 220 396 1058
1553 lbs. 4th-DL-440
1562 lbs. Teen (16-17)
1571 lbs. 165 lbs. G. Versaen
1580 lbs. — — — —
1589 lbs. 242 lbs. T. Vrana
1598 lbs. Teen (18-19)
1607 lbs. 148 lbs. J. DeRudder 474
1616 lbs. 286 468 1229
1625 lbs. 4th-SQ-496 DL-497
1634 lbs. 181 lbs. A. Stagers 507
1643 lbs. 297 573 1377
1652 lbs. 198 lbs. A. Udris 573
1661 lbs. 363 573 1510
1670 lbs. Vandenbrand 507
1679 lbs. 308 518 1333

220 lbs. G. Gutmanis 529
229 lbs. Junior
238 lbs. 148 lbs. G. Dumpis 264
247 lbs. 198 352 815
256 lbs. 165 lbs. B. DeRudder 407
265 lbs. 214 407 1030
274 lbs. 181 lbs. D. Druzhinin 551
283 lbs. 374 551 1477
292 lbs. 198 lbs. N. Bezuglov 782
301 lbs. 474 573 1829
310 lbs. 529 352 573 1455
319 lbs. 220 lbs. N. Stoll 727
328 lbs. 463 617 1807
337 lbs. 242 lbs. S. Benzler 905
346 lbs. 440 661 2007
355 lbs. S. Istuas 628
364 lbs. 440 617 1686
373 lbs. 275 lbs. L. Matti 859
382 lbs. 551 683 2094
391 lbs. A. Shlukov
400 lbs. — — — —
409 lbs. 309 lbs. G. DeVadder 661
418 lbs. 474 518 1653
427 lbs. Open
436 lbs. 114 lbs. M. Sabarovs 418
445 lbs. 187 418 1025
454 lbs. R. Karkuschke 433
463 lbs. 264 374 1072
472 lbs. 148 lbs. L. Sargsyan 220
481 lbs. 297 220 738
490 lbs. Haaparanta
500 lbs. 165 lbs. S. Pryakhin 683
509 lbs. 446 661 1791
518 lbs. S. Ayvazov 738
527 lbs. 385 551 1675
536 lbs. J. Podzuweit 595
545 lbs. 457 556 1609
554 lbs. M. Kutuzov 573
563 lbs. 391 507 1471
573 lbs. A. Sarkhan
582 lbs. — — — —
591 lbs. 181 lbs. S. Petri 661
600 lbs. 396 639 1697
609 lbs. M. Horanek 617
618 lbs. 451 540 1609
627 lbs. M. Bloch 595
636 lbs. 424 584 1603
645 lbs. I. Humphreys 639
654 lbs. 429 518 1587
663 lbs. Konstantinov 617
672 lbs. 374 540 1532
681 lbs. V. Babenko 529
690 lbs. 396 440 1366
699 lbs. 198 lbs. A. Sharapov 771
708 lbs. 518 672 1962
717 lbs. E. Mamedov 771
726 lbs. 573 617 1962
736 lbs. 4th-BP-595
745 lbs. H. Kraus 705
754 lbs. 523 600 1829
763 lbs. H. Pignitter 639
772 lbs. 507 573 1719

220 lbs. U. Vetter 451
229 lbs. S. Beitzke 363
238 lbs. 275 lbs. Maksimushkin 540
247 lbs. 309 lbs. M. Bottcher 595
256 lbs. M. Gabor 529
265 lbs. Master (60-64)
274 lbs. 165 lbs. G. Feraud 264
283 lbs. 181 lbs. J. Kubick 341
292 lbs. V. Petrov 330
301 lbs. 198 lbs. A. Smelovs 374
310 lbs. 220 lbs. H. Marion 380
319 lbs. 242 lbs. J. Eulenstein 325
328 lbs. Master (65-69)
337 lbs. 148 lbs. H. Klein 264
346 lbs. V. Trichlin 220
355 lbs. 165 lbs. A. Kuzmins 330
364 lbs. D. Schweizer 154
373 lbs. 181 lbs. K. Hogg 319
382 lbs. 198 lbs. R. Schubert 391
391 lbs. M. Lebolay 385
400 lbs. Master (70-74)
409 lbs. 181 lbs. G. Tschierschky 253
418 lbs. Gromadecky 220
427 lbs. 220 lbs. I. Goldmann 342
436 lbs. Master (80-84)
445 lbs. 165 lbs. P. Pothee 126
454 lbs. 253
463 lbs. 309+ lbs. M. Blumfelds
472 lbs. 309 lbs. J. Rantanen 1003
481 lbs. 683 683 2369
490 lbs. T. Podlipny 837
499 lbs. 551 815 2204
508 lbs. P. Crets 793
517 lbs. 518 749 2061
526 lbs. O. Pospisil 705
535 lbs. 562 617 1884
544 lbs. 309+ lbs. T. Jussi 771
553 lbs. 639 749 2160
562 lbs. Master (40-44)
571 lbs. 148 lbs. G. McNamara 718
580 lbs. 396 529 1644
589 lbs. R. Triangle 286
598 lbs. 198 297 782
607 lbs. 165 lbs. VanOosterwij 463
616 lbs. 253 529 1245
625 lbs. A. Miglans 551
634 lbs. 374 551 1477
643 lbs. V. Vich 540
652 lbs. 297 595 1433
661 lbs. M. Molgedey 485
670 lbs. 319 529 1333

220 lbs. D. Velioka 562
229 lbs. S. Andrey 220
238 lbs. E. Rekshe 837
247 lbs. A. Ayvazov 848
256 lbs. J. Burke 837
265 lbs. R. Ville 716
274 lbs. J. Haekulie 595
283 lbs. V. Mardanov 661
292 lbs. J. Ferenc
301 lbs. 242 lbs. B. Guliyev 738
310 lbs. M. Kosnar 815
319 lbs. S. Middleton 793
328 lbs. K. Antti 804
337 lbs. K. Vauls 744
346 lbs. J. Vitalij 771
355 lbs. J. Kratochvil 793
364 lbs. Zvezdenkovs 639
373 lbs. F. Weiss 595
382 lbs. O. Ivars
391 lbs. 275 lbs. Starodubskiy 848
400 lbs. R. Kruse 948
409 lbs. M. Schrott 881
418 lbs. D. Dvoak 771
427 lbs. R. Haberl 771
436 lbs. R. Revyn 716
445 lbs. VanRansbeec 661
454 lbs. R. Jari
463 lbs. A. Rufat
472 lbs. M. Blumfelds
481 lbs. 309 lbs. J. Rantanen 1003
490 lbs. T. Podlipny 837
499 lbs. P. Crets 793
508 lbs. O. Pospisil 705
517 lbs. 562 617 1884
526 lbs. 309+ lbs. T. Jussi 771
535 lbs. 639 749 2160
544 lbs. Master (40-44)
553 lbs. 148 lbs. G. McNamara 718
562 lbs. R. Triangle 286
571 lbs. 198 297 782
580 lbs. 165 lbs. VanOosterwij 463
589 lbs. 253 529 1245
598 lbs. A. Miglans 551
607 lbs. 374 551 1477
616 lbs. V. Vich 540
625 lbs. 297 595 1433
634 lbs. M. Molgedey 485
643 lbs. 319 529 1333

220 lbs. I. Vrba 485
229 lbs. 396 440 1322
238 lbs. S. Graham 573
247 lbs. P. Verbljijt 529
256 lbs. 286 463 1278
265 lbs. V. Audrius 760
274 lbs. V. Pavlyuk 694
283 lbs. J. Faulks 694
292 lbs. 49 551 1295
301 lbs. 275 lbs. A. Fogarty 727
310 lbs. G. Fortmann 705
319 lbs. G. Boulton 738
328 lbs. Master (45-49)
337 lbs. 181 lbs. D. Riedel 551
346 lbs. 413 485 1449
355 lbs. H. Trost 485
364 lbs. 275 529 1289
373 lbs. M. Popkov 385
382 lbs. 220 490 1096
391 lbs. L. Marshall 815
400 lbs. Master (50-54)
409 lbs. 198 lbs. F. Kutzsch 507
418 lbs. 220 lbs. V. Fadeev 507
427 lbs. N. Tanona 622
436 lbs. Master (55-59)
445 lbs. S. Burkhard 352
454 lbs. 231 352 937
463 lbs. E. Utecht 485
472 lbs. 198 474 1157
481 lbs. K. Bulans
490 lbs. — — — —
499 lbs. M. Gutmanis 617
508 lbs. 330 573 1521
517 lbs. Master (60-64)
526 lbs. J. Pauluks 418
535 lbs. 297 507 1223
544 lbs. 198 lbs. L. Bohrisch 374
553 lbs. 264 407 1047
562 lbs. 220 lbs. A. Smelovs 440
571 lbs. 440 385 440 1267
580 lbs. H. Probst 297
589 lbs. 259 396 953
598 lbs. The annual Global Powerlifting Championships (GPC) were held in the beautiful city of Schleswig, Germany. Schleswig is located 120 km north of Hamburg and just 40 km south of the Denmark border. The meet

American Powerlifting Committee (APC)
www.americanpowerliftingcommittee.com
P O Box 40
Bogart, Ga. 30622

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10

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SPORT Perfect warm-up for weekend warriors (@ 80 lb.)

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NO. 1.5 Ease into the No. 2

NO. 2 Success here means you're exceptionally strong (@ 195 lb.)

NO. 2.5 A stepping stone to the No. 3

NO. 3 The universal standard of grip supremacy (@ 280 lb.)

NO. 3.5 Warning: the No. 4 is in sight.

NO. 4 CoC Summit—you're the King of the hill! (@ 365 lb.)

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(continued from page 42)

here to tell you the air is thin! Who cares whether you lift Raw or wear a Triple-ply BP shirt; train up at our altitude and see what you're made of!

Together, we've pursued our dream of creating a gym that caters to every style of serious lifter! We've already made a team, consisting of all new people to the world of hard-core powerlifting. We train together on Fridays with an intense atmosphere and pace.

The equipment is first class for powerlifting training, or any training. Power racks, bench presses, lifting platforms, (monolift coming soon), chains, bands, reverse hyper, ham-glute machine, dumbbells to 150lbs, and dead-lift bars and 55 lb. squat bars, as well as cambered bench press bars, Fat Bars, Mastif Bars, a Hatfield safety squat bar, not to mention a complete

Bumper set for Olympic lifting. Did we mention we are an official USW Club! **High Peaks Barbell Club is ONE of ONLY three certified US Olympic Weightlifting Facilities in New Mexico.** There is also a complete selection of treadmills, stair climbers, and unique X-bikes for cardio work. We offer customized workouts and nutrition plans, group exercise, and personal training. We also offer competitive sport training; i.e. Soccer, volleyball, football, basketball, baseball, fast pitch, bodybuilding, powerlifting, and strongman training services. **We are also the American Powerlifting Federation (APF) New Mexico State Headquarters.** That is not all. We are also an official SPARQ Training facility. What is a SPARQ? The SPARQ Rating is the first-ever "National" ranking system designed to measure sport-specific athleticism. The key value of the SPARQ Rating is that it provides

young athletes with an invaluable tool for staying motivated, measuring results, focusing training, and maximizing their success on the playing field. Join us to get YOUR SPARQ Rating it's FREE!

Here at High Peaks Barbell Club(s) we do it all, and we will be promoting our first meet during the month of October, All-Hallo-Eve. (*RB note: the Halloween Monster Bench Bash is on 10/13/07 - Friday the 13th.)

"It sounds like Anita and Curtis have done a great job building high mountain training spots, even though I just might die if I squatted at that altitude! But if I ski or hunt in the Taos, Red River, or Angel Fire mountain region - I'll have to give it a try!

*By the way - kids, don't squat high - squat deep. **The 'Train High' gym motto has to do with altitude, not squat depth,**

and it is not a drug reference! Please pay attention!

Next month we'll visit a gym that has the **strangest name I've ever heard of for a gym.** Seriously. In fact, why don't you **email me the craziest gym names that you have ever seen (include their location)** - and we'll see how they stack up against the gym that I have in mind! (No fictional names - just real stuff.)

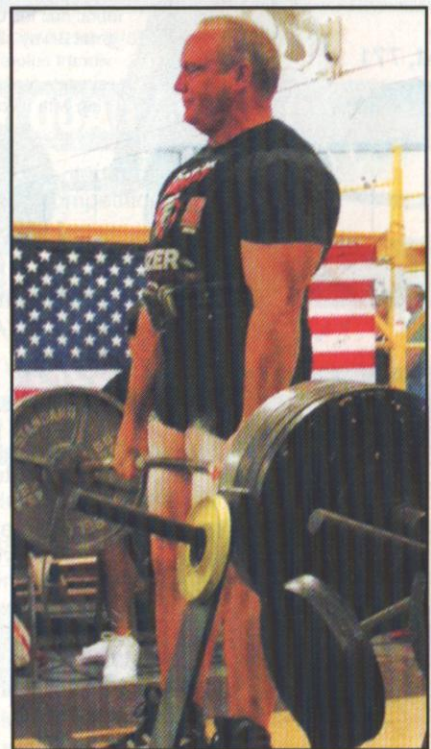
Until next month, train hard and don't play with matches or set fire to the neighbor's grass and/or bushes with fireworks. Trust me on this; the neighbors don't like it.

Crazy gym names:
rick@houseofpain.com

Cash and photos of hot female models (strictly for business reasons):
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P.O. Box 333
Fate, TX 75132

APA Nationals 30 JUN 07 - Zephyrhills, FL			
BENCH	T. Gainer	410	Open Raw DT
MALE	SG		
114 lbs.	D. Rollins	640	Master I SG DT
Teen (13-15)	Master I Raw		
SG DT	J. Burkhead	515	R. Suk
V. Trott	Raw		341 lbs.
123 lbs.	Raw		Master I UG
Open SG DT	S. Kuzma	500	M. Cain
B. Claypool	Raw DT		Powerlifting SQ
148 lbs.	J. McNeal	345	BP DL TOT
Open SG DT	SG DT		
M. Davis	J. French	410	Open SG DT
165 lbs.	Master II SG DT		T. Bishoff
Open Raw DT	T. Gainer	410	MALE
J. Gayton	DEADLIFT		165 lbs.
250	FEMALE		Open UG DT
Master I SG DT	148 lbs.		T. Conyers
J. Gayton	Open SG DT	760*	410
300	Raw DT		550
Raw DT	T. Bishoff	279	410
J. Gayton	MALE		580
250	165 lbs.		1320
181 lbs.	Master II SG DT		
Teen (16-17)	J. Gayton	400	450
Raw DT	SG DT		1105
B. Bouthot	Master II SG DT		
275	J. Gayton	430	300
Junior SG	Raw DT		475
Q. Gomez	Master II Raw DT		1205
335	J. Gayton	400	450
Open SG	J. Gayton	400	450
Q. Gomez	Open SG DT		1105
335	181 lbs.		
198 lbs.	J. Gayton	475	Open UG DT
Master III Raw DT	Raw DT		M. Leshley
J. May	J. Gayton	450	550
240	Teen (16-17)		500
SG DT	SG DT		335
J. May	J. Maurer	340	525
240	181 lbs.		1360
Master I SG DT	Master III Raw DT		
T. Welton	J. Stevens	300	165
340	Teen (16-17)		810
Master II Raw DT	Raw DT		
S. Kerkhof	B. Bouthot	430	Open UG
205	198 lbs.		S. Lamb
Master IV SG DT	Open UG		650
B. Remley	Master III Raw DT		430
270*!	Master III SG DT		530
220 lbs.	B. Gaynor	540	1610
Master I SG DT	Master IV SG DT		370
G. Boldissar	B. Remley	415*	540*!
465	F. Cummings	185	1480*
Master II SG DT	Raw DT		
R. Douglas	Open UG DT		
Master III SG DT	F. Cummings	185	515
L. Barry	M. Nason	405	465
375	242 lbs.		425
242 lbs.	Open Raw		1405
Master I SG DT	D. Cheraz	415	470
D. Trott	J. Dibble	700	470
440	242 lbs.		1175
Master II SG DT	Open Raw DT		
E. Fitzpatrick	J. Jacobs	850*!	700
415	J. Gaynor	615	490
275 lbs.	Raw DT		570
Open Raw	Open UG DT		1760
S. Kuzma	SG DT		
500	SG DT		
SG DT	R. Hoover		
Push Pull	275 lbs.		
FEMALE	Open SG		
165 lbs.	J. Davis	810	550
Open Raw DT	UG		630
D. Whidden	G. Jurkowski	775	475
MALE	SG		730
181 lbs.	S. Knowles	700	500
Junior SG DT	SG		600
S. Laughlin	SG		1750
220 lbs.	R. Osborne	460	405
Junior SG DT			1300

up with 500. Both men were quite impressive to watch and both are great sportsmen. Eric Talmant put in a 1320 total and pulled a 580 ended up with a 1320 total to win the Raw Best Lifter award. Special thanks to all who put in a long day and a lot of effort to make this a memorable event. **BEST LIFTERS: Full Power-Overall Best Lifter: Tony Conyers, Full Power-Drug Free Best Lifter: James Dibble, Full Power-Raw Best Lifter: Eric Talmant, Bench Press Event-Drug Free Best Lifter: Brandon Claypool, Bench Press Event-Overall Best Lifter: Dean Rollins, Bench Press Event-Raw Best Lifter: John Burkhead, Push-Pull Event-Drug Free Best Lifter: Stephen Laughlin, Push-Pull Event-Overall Best Lifter: Michael Cain, Deadlift Event-Raw Best Lifter: John Gaynor, Deadlift Event-Overall Best Lifter: Robert Smith.** (Thanks to Scott Taylor for results)



Robert Smith deadlifting at the APA Natls.



**New England Raw Championships
3 JUN 07 - Warwick, RI**

BENCH	J. Amarelo	375	
MALE	D. McGovern	300	
242 lbs.			
B. Cieciorca	K. McClay	315	
260	J. Faletta	280	
D. Hulbert	275 lbs.		
A. Pappas	J. Moore	520	
230	DEADLIFT		
Submaster	MALE		
K. Rosato	Master		
280	C. Tabulina	500	
Mastr	W. Johnston	300	
R. Johnson	350	Archambault	400
400	S. Pappas	325	
C. Tabulina	M. Wieneer	260	
300	A. Aguiar	525	
W. Johnston	C. Cocci	250	
300	Open		
S. Pappas	J. Amarelo	530	
325	D. McGovern	460	
M. Wieneer	123 lbs.		
260	P. Peang	215	
A. Aguiar	242 lbs.		
260	J. Gorgone	650	
C. Cocci	J. Faletta	500	
250	D. Hulbert	260	
Open	K. McClay	415	
123 lbs.	275 lbs.		
P. Peang	S. Pheap	405	
215	Powerlifting	600	
J. Gorgone	SQ	BP	DL
650	FEMALE		
J. Faletta	D. Lopes	180	
500	105	215	500
K. McClay	MALE		
415	Teen		
275 lbs.	K. Dow	490	
S. Pheap	350	515	1355
405	Master		
Powerlifting	C. Tabulina	335	
SQ	D. Morgan	425	
BP	L. Stravato	315	
DL	J. Burke	275	
TOT	M. Dow	265	
600	165 lbs.		
1355	T. Roselli	405	
1135	198 lbs.		
1225	A. Aguiar	405	
1090	A. Bean	175	
860	220 lbs.		
950	J. Amarelo	480	
1180	F. Perry	430	
1210	242 lbs.		
1270	C. Vaughn	445	
1270	T. Calci	300	
1290	308 lbs.		
1270	C. Gerber	405	
1270	242 lbs.		
1270	Meet Director: Joe Reeves. I would first like to thank all who helped with this year's meet. Judges were Jean Gardella, Russel Becht and Dave Low. Spotters and loaders were Mike Brown and Ray Roberts. Scorekeepers were Dave and Lori Roderick. The Master of Ceremonies was Mark Diorio. Admission was run by Ray Maker. T-shirt and refreshment sales were run by Diana Macioni. Special thanks to Mike Macioni, the owner of Northeast Training Center, for the use of his facility. And, thanks to my sponsors Michael A. Tarro Law Associates and Reeves Nutrition.com. Thanks to all the lifters for coming to this year's meet. (Thanks to Joe Reeves for these results)		



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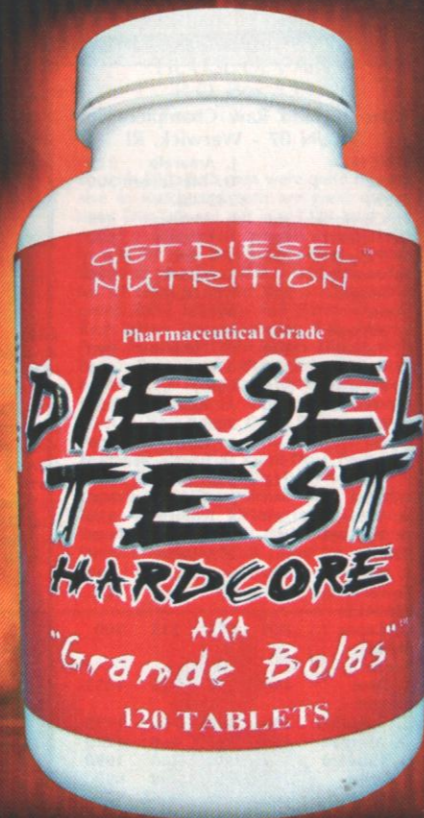
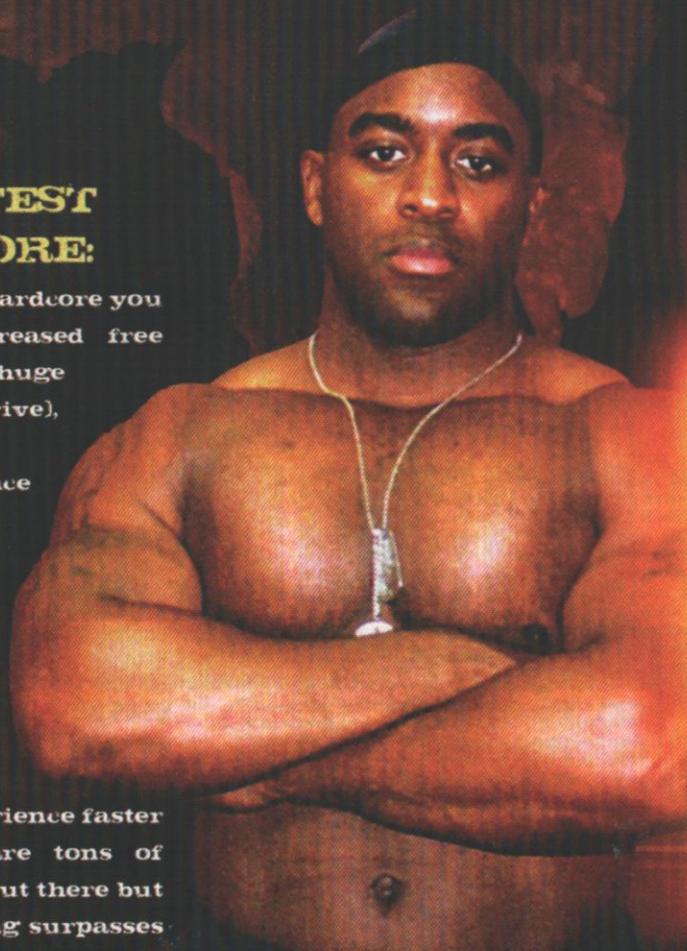
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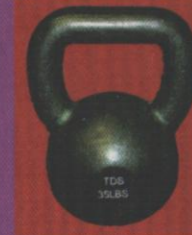
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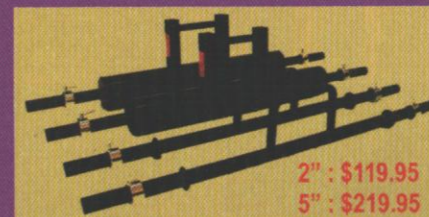
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26 MAY 07 - Seneca, SC				115 205 320				181 lbs.				
				4th-BP-120 DL-210				J. Ritchie				
BENCH	D. Passmore	185		MALE	105 lbs.			181 lbs.	—	—	501	501
FEMALE	Teen (14-15) Raw			105 lbs.	Teen (12-13) Raw			198 lbs.	—	—	—	—
132 lbs.	Z. Harmon	140		105 lbs.	A. Day	105	195	220 lbs.	573	507	529	1609
Novice Raw	Teen (18-19) Raw			198 lbs.	4th-DL-200			D. Stockton	738	435	529	1703
B. Wilson	J. Reagan	325		148 lbs.	Open			B. King	639	374	639	1653
148 lbs.	Master (50-54)			Open	K. Locklear	—	—	242 lbs.	—	—	—	—
Novice Raw	S. Durham	385		165 lbs.	Intermediate (24-34) Raw			K. Kim	731	463	639	1834
M. Raines	Master (60-64) Raw			165 lbs.	C. Cummings	305	385	J. Irion	628	429	523	1581
120	K. Harmon	350		198 lbs.	4th-DL-400			H. Gomez	501	352	595	1449
P. Ponder	Teen (18-19) Raw			220 lbs.	198 lbs.			D. Randa	—	600	—	600
90	N. Leslie	270		220 lbs.	Master (45-49) Raw			A. Zavala	881	672	644	2199
Submaster (35-39)	Master (40-44)			220 lbs.	G. Lindsey	280	445	A. Gallagher	584	507	562	1653
A. Caldwell	S. Caldwellwell	320		181 lbs.	Novice Raw			J. Paredes	611	440	562	1614
105	Master (40-44) Raw			181 lbs.	R. Day	240	295	J. Saldivar	666	—	540	1207
165 lbs.	T. Powell	330		Novice Raw	Master (40-44) Raw			S. Cartwright	1069	644	722	2436
Teen (16-17) Raw	Master (45-49) Raw			198 lbs.	M. Crawford	165	300	M. Bell	903	683	716	2303
M. Harmon	G. Penland	400		242 lbs.	4th-DL-330			S. Mesias	551	—	474	1025
95	Novice Raw			242 lbs.	220 lbs.			J. Burdick	—	—	650	650
181 lbs.	B. Keefer	260		242 lbs.	Master (45-49)			E. McLaughlin	—	—	600	600
Novice Raw	Open Raw			242 lbs.	B. Ronie	405	440	SHW				
L. Pitts	G. Penland	400		242 lbs.	Police/Fire/Military			T. Coleman	—	—	705	705
110	Master (45-49) Raw			242 lbs.	B. Ronie	405	440	The United Powerlifting Association is				
198 lbs.	M. Leary	360		242 lbs.	Submaster (35-39) Raw			officially here in California with the first				
Teen (12-13) Raw	S. Simpson	305	450	242 lbs.	S. Simpson	305	450	meet completed. Some of the strongest				
T. Sisk	Open			242 lbs.	242 lbs.			lifters in California rolled into Diablo				
130	M. Ferris	460		242 lbs.	Master (45-49) Raw			Barbell to compete in the inaugural UPA				
MALE	Master (40-44)			242 lbs.	K. Leary	360	400	event. Although total entries were only				
148 lbs.	M. Ferris	460		242 lbs.	Venue: Core 24 Gym. Teams: 1st Male-			about 30 the depth of the competition was				
Intermediate	Submaster (35-39)			242 lbs.	Core 24 Gym. 1st Female-Total Athletics.			impressive. First I'd like to thank every-				
(24-34) Raw	T. Isbell	500		242 lbs.	Outstanding Lifters: Female Open-Tina			one who helped out: Judges: Dave Van				
E. Patton	4th-520			242 lbs.	Ball. Male Open-Chris Cummings, Male			Brocklin, Charlie Telesco, Steve				
285	308 lbs.			242 lbs.	Master-Brian Ronie, Male Teen-Artem			Dennison, and Kenny Patterson. Coach:				
Teen (16-17) Raw	Open			242 lbs.	Day. (Thanks to Keith Payne for results)			Mario Montalvo. Spotting/Loading: Steve				
C. Edwards	J. Hollifield	535		242 lbs.				Flaming, Dan Helfyre, Achim Albrecht,				
255	DEADLIFT			242 lbs.				George Beckham, Tony Axelson, Dan				
J. Neves	MALE			242 lbs.				Varela, Andy Buschbom, and Chris Carter.				
150	198 lbs.			242 lbs.				Score Table: Hillary Harper, Cap Harper,				
165 lbs.	Novice Raw			242 lbs.				Suzette O'Neill, and Chris Jackson. Con-				
Intermediate	J. Revis	500		242 lbs.				cessions: Linda Barnes, Marika Rice, and				
(24-34)	308+ lbs.			242 lbs.				Tim Bartlett. As promised the judging was				
Raw	Junior (20-23) Raw			242 lbs.				going to be strict but fair. USPF State				
W. Brothers	C. Martin	625		242 lbs.				Chair Steve Dennison came down to help				
310	BP	DL	TOT	242 lbs.				officiate. If you plan on competing in the				
Junior (20-23)				242 lbs.				UPA then you need to plan on getting your				
S. Durham				242 lbs.				squats down. No one bombed because of				
320				242 lbs.				depth in the squat but there were some				
Novice Raw				242 lbs.								
D. Edwards				242 lbs.								
335				242 lbs.								
M. Moore				242 lbs.								
300				242 lbs.								
Push Pull				242 lbs.								
FEMALE				242 lbs.								
132 lbs.				242 lbs.								
Intermediate (24-34) Raw				242 lbs.								



William Brothers benched 310 in the Intermediate 24-34 Raw 181ss at the IBP South Carolina meet

tough calls. With that said I'd rather have this be the standard in the UPA instead of two inch high squats. I know that Kenny agrees. In the lightweight Bianca Stone had a great day of 870 at 132 with some nice PRs finishing only 20 lbs. or so shy of elite. Bianca is moving to Ohio to train at Westside so look for big things from her in the future. Jordan Richie has made tremendous progress since his first meet but it was not his day missing 584 three times in the squat. Steve "Hayward" Bartlett had a great 1609 total at 198 in his second meet. Training partners Derick Stockton and Brad King continued their rivalry with Derick coming out on top this time with 1703 to Brad's 1653. Both guys had off days and are coming up on their first Elite totals. In the 242 pound class Dalen Randa inexplicably bombed in the squat with a weight he can easily handle, thus leaving the door wide open for Ken Kim. Ken is consistently climbing the ladder with PRs every meet. 733-462-639-1834 for first place. Jeff "Opie" Irion lifted with a hamstring injury but still managed 1581. Jeff is 19 years old and has a tremendous future ahead of him. In third place was Brad King protege Henry Gomez. Henry put together a day of 1449 in his first meet. In the 275s John Saldivar wasted a nice PR squat of 666 by bombing in the bench with 628. John is a guy who needs to translate his raw strength into shirted benching. He's made 600 raw on a two board but only 633 in the shirt as his contest best. Look for John to come back later this year and get his elite. Andy Zavala had an off day with 881-672-644 for 2199, good enough for first. Andy has been fighting a glute injury forever which is killing his squat and deadlift. If it wasn't for his tender backside he could go far. Look for Andy to remedy his problems at Louie's meet in August. Andreas Gallagher put up 1653 in his first meet for second place. Team Super Training member Joel Paredes came in third with 1614. Joel is coming up fast and is only 19 years old. The 308's were loaded with talent but bomb-outs from Ethan McLaughlin (one of Chad Aichs partners), Diablo stand out Jesse Burdick and newcomer Shane Mesias left it a two man show between Mark "Jackass" Bell and Scott Cartwright. 2303 was Marks total and he'd have to settle for second place on this day. Mark has more in the tank in the squat and bench. Maybe a little more technique would help? Cartwright was a man possessed destroying 1069 in the squat, benching 644 and pulling 722 for an all time California total record of 2436. Scott tore his triceps about 6 months ago and was told he'd never bench again. Ha! Thad Coleman bombed in the squat but took 1003 deep and just couldn't finish. Thad is a monster and really doesn't know how strong he is yet. He's also going to Cincinnati in August, look for Thad to redeem himself with a huge day. In the bench only there were some huge weights lifted. Diablo's Alexandra Wawrzynski had a great 3 for 3 day finishing with 248 at 132. This is Alex's third meet. If she stays focused 300 at 132 will be her's by the end of the year. James "Priest" Burdette shocked the crowd by destroying 699 at 198 on a second attempt. The lift was clean and solid. An all time world record of 744 eluded him on this day, but probably not for long. Jared Bachmeier made a strong 705 on a third attempt at 242. 63 year old Jim Evans smashed 473 on his third attempt. Jim will go over 500 his next meet. Big Chad Aichs came down to support our meet by helping out, coaching and then benching 804 with a close miss at 854. Chad is one of the strongest ever and one of the good guys in the sport. He has his sites set on the all time total record in Cincinnati this August. Gene Mirra competed for the first time taking second place to Chad with a nice 424 and close miss at 467. I have attached the meet results. It was great meeting the legend Kenny Patterson and getting the UPA started. The UPA is here to stay, look for big things to come! (results by Ted O'Neill, Diablo Barbell & CA UPA Chair)

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Gold's Gym Strongarm Challenge 9 JUN 07 - Leesburg, VA

BENCH		220 lbs.		Open	
198 lbs.	Open	J. Jackson	375	275 lbs.	Master
J. Collet	375	S. Kuzma	500	I. Lyle	290
M. Ionavov	305	J. Reynolds	405	M. McNeill	315
Reps (Bodyweight)		Lbs.	Reps		
M. Varron	215	30		J. Jackson	215
J. Donegan	150	27		J. Donegan	150
R. Budrow	180	23		R. Budrow	180
M. Ionavov	190	22		M. Ionavov	190
J. Secrist	195	16		J. Secrist	195
J. Kelly	225	16		K. Self	125
K. Self	125	15		T. Konieczny	120
T. Konieczny	120	10		Strongarm	123
123 lbs.	BP	SC	TOT		
Open				T. Konieczny	130
T. Konieczny	130	90	220	132 lbs.	Open
132 lbs.	Open			K. Self	175
K. Self	175	90	265	148 lbs.	Junior
148 lbs.	Junior			J. Donegan	265
J. Donegan	265	—	400	181 lbs.	Master
181 lbs.	Master			R. Budrow	290
R. Budrow	290	140	430	198 lbs.	Junior
198 lbs.	Junior			J. Secrist	265
J. Secrist	265	110	375	Open	
Open				K. Dingus	315
K. Dingus	315	170	485	220 lbs.	Master
220 lbs.	Master			M. Varron	400
M. Varron	400	200	600	Open	
Open				J. Kelly	330
J. Kelly	330	175	505	275 lbs.	Open
275 lbs.	Open			J. Myers	385
J. Myers	385	185	570	Sub	
Sub				D. Shifflett	470
D. Shifflett	470	200	670	Women's Best Curl: Teri Konieczny.	
Women's Best Curl: Teri Konieczny.				Women's Best Bench: Kerry Self.	
Women's Best Bench: Kerry Self.				Men's Lightweight Best Bench: John Collet.	
Men's Lightweight Best Bench: John Collet.				Men's Heavyweight Best Bench: Scott Kuzma.	
Men's Heavyweight Best Bench: Scott Kuzma.				Men's Lightweight Best Curl: Kevin Dingus.	
Men's Lightweight Best Curl: Kevin Dingus.				Men's Heavyweight Best Curl: Mike Varron.	
Men's Heavyweight Best Curl: Mike Varron.				This bench, curl, reps event was Shawn "Bud" Lyte's first powerlifting event since resigning as 100% RAW Powerlifting Federation vice-president last winter, and it was a great time for all. The meet was held at Gold's Gym, which was a very fitting location. Gold's Gym GM, Mike Varron, is a progressive lifter himself, personally	

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selected all the equipment in the gym and operates a very powerlifting friendly facility. There were a number of first-time competitors present and all made impressive showings. Most notable were rookie James Donegan's 400 lb. bench/curl total at 147, Mike Varron's easy 600 lb. bench/curl total at 215, Dean Shifflett's 670 bench/curl total at 253, and Kevin Dingus' 485 bench/curl total at 187. In the bench only, first timers John Collet and Misa Ionavov went 3 for 3, and Ian Lyle went 2 for 3, placing 1st, 2nd and 3rd respectively in the 198 Open. Micheal McNeill (who bears a striking resemblance to a young Tom Cruise) went 2 for 3 with a best of 315 at 185 to take 1st in the 198 Submaster. Kerry Self easily went 3 for 3, finishing with an solid 175 bench and impressive 90 lb. curl at 125, New-comer, Teri Konieczny went 2 for 3 on bench, finishing with 130, and 3 for 3 on curl, finishing with an amazing 90 lb. at only 119! Always fun and exciting is the Bench Reps competition. Typically, Bud runs this using plates and quarters for weight categories, but went only by bodyweight this time around. Mike Varron cranked out jaw dropping 30 reps at 215 for first place. John Jackson followed closely with an awesome 27 reps also at 215. James Donegan again impressed everyone by repping 150 for 25 at 147 bodyweight. An added bonus, James Donegan and Kevin Dingus both won \$150 sponsorships from BMF Sports for their performances. The sponsorships cover entry fees to meets of their choice, apparel and supplements. Both lifters are new members of the Raw Dogs, so we can expect a lot of even more impressive lifting from them in the near future. Thanks go out to: Gold's Gym GM, Mike Varron, for his generosity in hosting the event and ardent support of raw lifting, Gold's Gym owner, Michelle Thomas, for her tireless and timely support and coordination, John and Kerry Self for taking the initiative in getting this meet arranged as well as their proactive drive, ongoing support and amazing generosity, our spotter Jake Hohlmann, Dean Shifflett for his troubleshooting talent during a few scoring snafus and management skills on the platform, Paul Grandy and John Self for sound and fair judging, Our fast and accurate spotters/loaders, Shasta Donegan for her excellent photography, Jonathan Secrist for his relentless promotion of the event in and out of the gym, All the lifters for their patience during administrative disarray, everyone for their participation and support. (results provided by Shawn "Bud" Lyte)



Gold's Gym Leesburg GM Mike Varron with Bud Lyte (S.Donegan)

TOP 100

For standard SHW/125+ Kg. USA lifters in results received from JUN/06 through JUN/07

SQUAT		BENCH		DEADLIFT		TOTAL	
1	1196 Lewis, J. 11/6/06	1010 Rychlak, G. 12/16/06	859 Siders, B. 7/9/06	2770 Thompson, D. 11/12/06			
2	1373 Aichs, C. 3/3/07	986 Kennell, R. 6/30/07	854 Searcey, J. 8/26/06	2733 Aichs, C. 3/3/07			
3	9350 Thompson, D. 11/12/06	948 Meeker, T. 11/16/06	848 Gillingham, B. 10/8/06	2672 Steltenkamp, J. 6/17/07			
4	1147 Childress, P. 3/3/07	930 Russo, G. 5/26/07	815 Nease, M. 10/28/06	2600 Bernor, J. 2/17/07			
5	1141 Smith, M. 6/4/06	925 Frank, G. 11/8/06	810 Harold, T. 1/27/07	2569 Childress, P. 3/3/07			
6	1124 Bartley, M. 11/6/06	905 Lattimer, S. 5/12/07	804 Smith, M. 6/4/06	2565 Wilson, M. 11/12/06			
7	1110 Bernor, J. 2/17/07	881 Wong, S. 11/18/06	804 Brown, M. 6/4/06	2562 Bartley, M. 11/6/06			
8	1100 Wilson, M. 11/12/06	871 Womack, S. 7/15/06	800 Swatling, M. 7/15/06	2540 Bolognone, T. 6/23/07			
9	1074 Gallo, M. 3/3/07	859 Wolfe, M. 3/3/07	800 Thompson, D. 11/12/06	2524 Siders, B. 7/9/06			
10	1069 Gallo, C. 12/2/06	826 Vick, R. 1/20/07	799 Harris, R. 11/11/06	2513 Brown, M. 3/3/07			
11	1069 Cartwright, S. 6/16/07	826 Rogers, T. 3/3/07	785 Anderton, A. 4/7/07	2474 Harold, T. 6/4/06			
12	1058 Vaughn, J. 6/17/07	821 Aichs, C. 11/6/06	782 Theriot, G. 11/18/06	2465 Wenning, M. 4/1/07			
13	1055 Wenning, M. 4/1/07	820 Thompson, D. 11/12/06	782 Moore, B. 11/19/06	2436 Askew, M. 11/4/06			
14	1052 Crumbley, S. 6/17/07	805 Toranzo, J. 12/2/06	770 Wenning, M. 4/1/07	2436 Cartwright, S. 6/16/07			
15	1050 Bolognone, T. 6/23/07	800 Corwin, T. 4/7/07	765 Karabel, L. 10/28/06	2419 Hoskinson, J. 6/17/07			
16	1047 Tillman, 11/2/06	780 Bernor, J. 2/17/07	760 Lilliebridge, E. 6/10/06	2408 Greninger, T. 6/4/06			
17	1047 Greninger, T. 11/6/06	780 Bolognone, T. 6/23/07	760 Weech, S. 12/9/06	2408 Theriot, G. 11/18/06			
18	1025 Askew, M. 11/4/06	777 Peshke, J. 11/18/06	760 Culnan, S. 5/6/07	2408 Tillinghast, G. 5/17/07			
19	1025 Ewing, J. 12/3/06	771 McCary, M. 6/4/06	755 White, M. 9/2/06	2391 Stutes, C. 6/24/07			
20	1025 Hoskinson, J. 6/17/07	771 Harwood, C. 3/3/07	755 Oldham, B. 11/18/06	2386 White, M. 4/28/07			
21	1010 Harold, T. 1/27/07	760 Wilson, M. 4/21/07	755 Vaughn, J. 12/3/06	2375 Ewing, J. 12/3/06			
22	1003 White, M. 4/28/07	755 Leach, J. 11/11/06	755 Aichs, C. 3/3/07	2335 Russo, G. 3/31/07			
23	1003 Stutes, C. 6/24/07	755 Webster, T. 2/17/07	755 Patterson, J. 4/7/07	2309 Gillingham, B. 10/8/06			
24	995 Moore, M. 4/7/07	755 Crawford, J. 3/31/07	750 Hudson, O. 6/16/07	2309 Clark, C. 11/6/06			
25	975 Theriot, G. 11/18/06	755 Tillinghast, G. 6/17/07	749 Schott, M. 4/28/07	2303 Harris, R. 7/9/06			
26	975 Cross, M. 11/06	750 Everhart, D. 9/9/06	749 Manly, J. 6/17/07	2303 Vaughn, J. 12/3/06			
27	970 Clark, C. 11/6/06	750 Martinez, J. 4/21/07	744 Thompson, Jim. 6/25/06	2303 Manly, J. 6/17/07			
28	960 Russo, G. 3/31/07	750 Key, P. 6/30/07	738 Greninger, T. 6/4/06	2303 Bell, M. 6/16/07			
29	955 Kolbeizer, R. 2/17/07	749 Smith, M. 11/6/06	738 Hulslander, D. 12/10/06	2300 Karabel, L. 10/28/06			
30	942 Siders, B. 7/9/06	749 Steltenkamp, D. 6/17/07	738 Childress, P. 3/3/07	2300 Moore, M. 4/7/07			
31	942 Bolger, J.R. 11/4/06	730 Fletcher, T. 1/27/07	735 Wilson, M. 11/12/06	2298 Roberts, A.J. 6/4/06			
32	936 Roberts, A.J. 6/4/06	727 Merrill, W. 6/17/07	735 Lenigar, M. 4/1/07	2295 Lenigar, M. 4/1/07			
33	936 Tillinghast, G. 6/17/07	727 Ratsch, P. 6/30/07	733 Clark, C. 11/6/06	2281 Steltenkamp, J. 6/17/07			
34	925 Manly, J. 6/17/07	725 Gutridge, J. 11/11/06	733 Lowe, C. 12/9/06	2265 Schott, M. 4/28/07			
35	925 Manly, J. 6/17/07	725 Groneman, R. 2/17/07	730 Abbott, P. 7/23/06	2255 Barbaccio, T. 2/17/07			
36	926 Steltenkamp, D. 6/17/07	722 Siders, B. 7/9/06	730 Nichols, 5/6/07	2232 Basson, O. 5/5/07			
37	915 Johnson, W. 7/29/06	720 Argabright, K. 9/16/06	727 Fortner, D. 11/18/06	2204 Tillman, 11/2/06			
38	914 McDaniel, M. 11/6/06	716 Bartley, M. 11/6/06	727 Lanier, M. 12/3/06	2200 Johnson, W. 7/29/06			
39	914 Lanier, M. 6/24/07	716 Patterson, R. 3/24/07	727 Davenport, S. 12/17/06	2200 Kolbeizer, R. 2/17/07			
40	909 Schott, M. 4/28/07	716 Mateer, L. 4/7/07	725 Wesolowski, A. 8/26/06	2188 Bolger, J.R. 11/4/06			
41	905 Karabel, L. 10/28/06	716 Petrino, T. 5/6/07	725 Painter, A. 10/28/06	2180 Abbott, P. 7/23/06			
42	905 Barbaccio, T. 2/17/07	715 Barbaccio, T. 2/17/07	725 Moore, M. 4/7/07	2180 Grove, J. 6/30/07			
43	905 Grove, J. 6/30/07	710 McCaslin, Z. 7/15/06	722 Coetzee, S. 8/26/06	2176 Gallo, C. 12/2/06			
44	903 Harris, R. 7/9/06	710 Garner, B. 8/26/06	722 Bartley, M. 11/6/06	2171 Lanier, M. 6/24/07			
45	903 Wood, B. 1/27/07	710 Thompson, R. 1/27/07	722 Medak, A. 11/18/06	2160 Wood, B. 1/27/07			
46	903 Basson, O. 5/5/07	710 Bell, M. 3/3/07	722 Knueppel, K. 4/28/07	2160 Patterson, J. 4/7/07			
47	903 Bell, M. 6/16/07	710 Stutes, C. 6/24/07	722 Cartwright, S. 6/16/07	2155 Ratsch, P. 4/7/07			
48	900 Lenigar, M. 4/1/07	710 Ryan, R. 6/30/07	720 Corriedan, D. 6/25/06	2144 Petrino, T. 5/6/07			
49	881 Burdick, J. 7/9/06	705 Bradshaw, R. 7/8/06	720 Ewald, C. 11/4/06	2143 Lowe, C. 7/22/06			
50	876 Sparkman, M. 6/4/06	705 Faulkner, B. 8/26/06	716 Brandon, J. 8/26/06	2138 Christus, J. 7/9/06			
51	875 Painter, A. 10/28/06	705 Untermahlin, A. 9/30/06	716 Bell, M. 6/16/07	2132 Ramsey, W. 6/4/06			
52	860 Murray, D. 4/21/07	705 Askew, M. 11/4/06	715 Addenbroke, B. 1/27/07	2132 McDaniel, 11/6/06			
53	859 Gillingham, B. 10/8/06	705 Jordan, S. 11/18/06	711 Woods, J. 12/16/06	2132 Hulslander, D. 12/10/06			
54	855 Gormus, R. 7/29/06	705 Brown, M. 3/3/07	710 Ervin, A. 9/9/06	2127 Sparkman, M. 6/4/06			
55	850 Abbott, P. 7/23/06	705 Manno, T. 6/18/07	710 Eldridge, V. 11/18/06	2116 Coleman, T. 6/4/06			
56	843 Knueppel, K. 4/28/07	700 Schott, M. 8/26/06	710 Bernor, J. 2/17/07	2116 Garner, B. 8/26/06			
57	840 Egnoto, T. 2/17/07	700 Hart, J. 9/2/06	710 Moore, T. 3/25/07	2110 Gormus, R. 7/29/06			
58	837 Ramsey, W. 6/4/06	700 Roberts, A.J. 11/6/06	710 Hoskinson, J. 6/17/07	2105 Weech, S. 12/9/06			
59	837 Coleman, T. 6/4/06	700 Lealifano, G. 1/27/07	710 Tillinghast, G. 6/17/07	2105 Culnan, S. 5/6/07			
60	826 Christus, J. 7/9/06	700 Wenning, M. 6/23/07	710 Bolognone, T. 6/23/07	2105 Guerra, D. 6/24/07			
61	826 Adelmann, M. 6/18/07	699 Gillespie, B. 9/3/06	705 Coleman, T. 6/4/06	2100 Peshke, J. 6/4/06			
62	825 Weech, S. 8/11/06	688 Aleaga, E. 6/17/06	705 Felton, S. 10/28/06	2088 Gaudreau, D. 5/6/07			
63	821 Thompson, Jim. 3/25/07	688 Guerra, D. 6/24/07	705 Askew, M. 11/4/06	2083 Knueppel, K. 4/28/07			
64	821 Kovach, B. 6/10/07	685 Cawley, 5/12/07	705 Roberts, A.J. 11/6/06	2077 Adelmann, M. 6/18/07			
65	821 Simnick, R. 6/30/07	683 Childress, P. 3/3/07	705 Gallo, C. 12/2/06	2075 Painter, A. 10/28/06			
66	815 Brandon, J. 8/26/06	683 Hoskinson, J. 6/17/07	705 Wanat, M. 2/17/07	2072 Saldivar, D. 12/16/06			
67	815 Lilliebridge, E. 6/30/07	677 Dickey, D. 6/4/06	705 Lepley, R. 3/10/07	2072 Madvig, B. 3/3/07			
68	810 Hulslander, D. 7/9/06	677 Ewing, J. 12/3/06	705 Koziol, G. 4/28/07	2070 Cross, J. 11/06			
69	810 Madvig, B. 3/3/07	675 Coleman, A.J. 9/9/06	705 Gaudreau, D. 5/6/07	2055 Brandon, J. 8/26/06			
70	805 Sumner, C. 6/23/07	675 Clark, C. 9/9/06	700 Madvig, B. 8/5/06	2055 Moore, B. 2/25/07			
71	804 Meek, B. 7/9/06	672 Carter, J. 11/18/06	700 Haille, M. 10/15/06	2055 Lilliebridge, E. 6/30/07			
72	804 Garner, B. 8/26/06	665 Harris, M. 9/2/06	700 Cole, C. 11/4/06	2050 Flonta, D. 4/7/07			
73	804 Stieffel, D. 1/27/07	661 Harold, T. 6/4/06	700 Lewis, J. 11/6/06	2039 Thompson, Jim. 6/25/06			
74	804 Thomason, H. 5/5/07	661 Dowling, B. 3/10/07	700 Ford, R. 12/9/06	2025 Egnoto, T. 2/17/07			
75	804 Petrino, T. 5/6/07	660 Neal, M.					

Warning: It Can Happen To You...

“You’re 1 Rep Away From Never Touching A Weight Again...”

“Discover Ancient Indian Joint *Miracle* - That Completely ‘Bullet-Proofs’ Your Body - Eliminating Your Joint Pain - Even Old, Nagging Injuries - And Forging Your Tendons And Ligaments Stronger Than Steel Rods!”

From The Desk Of:
Jacob Geissler, Chief
Product Formulator
www.USPLabsDirect.com

Dear Friend,

As a powerlifter you put it on the line every day. You pound away, attempting to add weight to the bar every week. But in doing, so your joints take a *massive* beating. Your elbows, knees, back, shoulders and wrists are all *killing* you. But you keep on adding weight and setting PR's.

But you must be careful...

As your muscles continue to get bigger and stronger...and as weight piles up on the bar...your tendons, ligaments and connective tissue get weaker and begin to *degenerate*.

As a powerlifter this is *inevitable*. How many veteran powerlifters do you know with healthy joints? You're lucky if you know a *single* one.

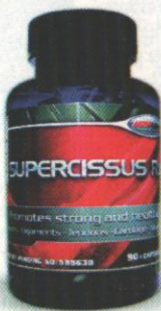
What if I told you this could be reversed? And that you can quickly, safely and effectively get rid of that joint pain once and for all while strengthening all of the tendons, ligaments and connective tissue in your body...

Would you *kill* to get your hands on something like this? In a heartbeat...

It's called SuperCissus RX and it's made by the company I work for, USP Labs. Our company was the first to introduce the herb Cissus Quadrangularis to the U.S.A and we've spent more than 3 years (and \$102,457) developing our Patent-pending *exclusive* extract...

Here's what it can do for you...

- **Significantly reduce joint pain** - Blast through new PR's with your newfound body.
- **Increase performance** - Joint pain plateaus are now a thing of the past!
- Deliver anabolic-nutrients directly to tendons, ligaments and joints.
- **Scientifically proven more powerful anti-catabolic properties than Deca & D-Bol** - Preserve muscle mass better than any natural substance!
- **Completely safe for drug tested events** - Does not contain any illegal substances.
- **Powerful pain reliever** - **without** damaging effects that ibuprofen brings
- **Huge boost in Confidence** - Attack heavy loads *without* fear!
- **100% Safe & effective** - Has been used for centuries in India.
- **Dramatically improve all of your lifts** due to healthy, productive joints



In fact, a recent survey by our customers showed that in only 6 weeks of using SuperCissus RX the average gains were...

- 22.7 pounds on your bench press
- 34.2 pounds on your squat
- 37.8 pounds on your deadlift

That's pretty impressive, don't you agree? Of course you do.

Because SuperCissus RX is enjoying enormous success, some other copycat's have tried to release a knock-off cissus product. But they have all failed miserably. The key is in the extract. Cissus Quadrangularis contains many joint-healthy vitamins, minerals and ketosterones. Get this wrong and you might as well be swallowing dirt...

So the copycats have tried to put a higher concentration of ketosterones in order to make it "stronger." Well, this is 100% wrong as this actually makes the product less effective because the natural healing properties of the herb are now missing. Ketosterones are important, but they aren't everything. Don't be fooled, stick with the real thing...SuperCissus RX.

If you order right now directly from our website, www.USPLabsDirect.com we will rush ship your supply. In fact, if you order 3 bottles we will throw in 1 bottle for FREE and include FREE shipping. Wow, what a deal!

You can also get SuperCissus RX at the following official retailers



SuperCissus RX will help you lift more weight, gain more muscle and feel better everyday... Guaranteed!

Best,

Jacob Geissler

P.S. Parents or friends suffer from joint pain? Help them out and turn them on to SuperCissus RX™. Safe and effective for all ages.

P.P.S. WARNING: If using SuperCissus RX™ to rid injury related pain, you may experience instant relief due to its analgesic (pain killing) and cellular restructuring effects. This does not mean the injury has completely healed! Please continue your training regimen with extra caution and SuperCissus RX™ supplementation until your medical doctor announces that full recovery has been achieved. (It will be a lot faster than you could even possibly imagine!)

P.P.P.S. Don't take my word for it. Look at what these satisfied SuperCissus RX users had to say...

"I had tendonitis for over 6 months very bad in my right elbow... I had to stop doing bench press and lower my weights. I used SuperCissus RX for just one month and the pain was gone!!! Not only does it suppress the pain, but it heals the injury as well! Unbelievable! I now keep this as a staple in my supplement stack!" Justin Hayward - Milton, MA

*"I had injured my shoulders and couldn't go heavy. I would be in so much pain I couldn't workout. I tried several remedies but nothing worked: until SuperCissus RX. The pain slowly went away as my strength came back. I was **can now push more weights than I had before with no pain!**"* Jason Hawkins - Frederick, MD

"My injured elbows and knees hampered my training for years. Within 3 weeks of taking SuperCissus RX™ the pain is gone and I'm stronger than ever!" Michael Fisher - Fairfield, CT.

*"My left shoulder bothered me for 2 years. After almost 2 weeks of taking SuperCissus RX, I noticed that the shoulder didn't hurt as it used to. Now **my shoulder doesn't hurt anymore!**"* Gabriel C. - Montano, Nogales, AZ 85621 Age 23

*"Ever since I started using SuperCissus RX, my normal aches and pains in my joints have subsided. I am **able to lift heavy, pain free** while using SuperCissus RX. The pain used to be unbearable. Now I use SuperCissus RX year round, because of the benefits. It's the best joint supplement I have ever used, and I have tried a lot of different ones such as glucosamine, chondroitin, MSM. Nothing ever worked until SuperCissus RX. Thanks!"* Jeremy Richardson - Keystone Heights, Florida

*"I decided to start using SuperCissus RX as a preventative measure. Then I sprained my knee and could barely walk. The thing that astonished me was the fact that within a few days of using SuperCissus RX I only felt mild discomfort. I'd sprained my other knee before and I remember it took me much longer to recover than it took me while I was using SuperCissus RX. I attribute **my faster than usual recovery** to SuperCissus RX."* Chris Manning - Seattle, WA



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ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD
THE FOREVER GUARANTEE™ MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.



13mm lever belt \$68
13mm buckle belt \$70
10mm buckle or lever belt \$58
Tapered buckle or lever belt \$52

Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly. Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt. 13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.
- Highest quality suede provides non-slip surface.
- NOT BRADDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

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